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U. S. DEPARTMENT OF AGRICULTURE

**Western Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

April 4, 1947

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

# 1947 FACT SHEET ON GARDENS

We're enclosing with this issue of RADIO ROUND-UP the 1947 Garden Program Fact Sheet, which will doubtless give you some helpful material for programs in which you touch on gardening. Incidentally, because of the limited supply available, only the women's program directors of radio stations will receive this fact sheet.

While spring gardening already is under way in some parts of the country, there will be continuing need for stressing the importance of home gardening. As you may know, this year's program is double-barreled...calling for both home food gardening and improvement of home and community grounds. Naturally, during the war years, we had to concentrate on gardening for food production. Now that the emergency pressure of the past few years has been relieved, the home gardener can devote more time and effort to lawns, flowers, shrubs and trees.

The Garden Program fact sheet gives many of the reasons behind the 1947 program...explains the improvement in nutrition that will result...suggests ways to begin a garden program in the community...points out the importance of improving home and community grounds...outlines the garden leader's job...and suggests timely garden topics for press, radio and discussion groups.

President Truman's statement regarding the importance of home gardening is included in the fact sheet. So are comments by Secretary of Agriculture Clinton P. Anderson, Federal Security Administrator Watson B. Miller, and Richardson Wright, national garden authority.

Further information about the 1947 Garden Program can be had from your local county agricultural agent or your State Agricultural Extension Service, as well as from the garden leaders and planning officials in your own community. General information may be had by writing the Director, National Garden Program, U.S. Department of Agriculture, Washington 25, D.C.

## TIPS ON GARDEN TOOLS

Here's another in the series of suggestions about home gardening, from the garden specialists of the U.S. Department of Agriculture. Tell your listeners they say it's better to have a few simple, lightweight, substantial tools, than to buy a lot of poorly designed equipment made of cheap or low grade materials.

For a small garden, the following supplies should be sufficient: a shovel or spading fork with a long handle, a steel bow rake, a 7-inch common hoe with socket handle fitting, a strong cord for laying off rows, and enough garden hose to reach all parts of the plot. In transplanting, a trowel is useful but not essential. If the soil is properly prepared, plants can be set out more easily with the hands alone.

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If the garden is larger than 2,000 square feet, a sturdy wheel hoe will be found a worthwhile investment. This will take care of most work done with a common hoe, with much less effort. The single wheel type is probably the easiest to handle, although some gardeners prefer other useful styles.

Home gardeners should remember that tools should be thoroughly cleaned after each use...they should be wiped with an oiled rag to prevent rusting. Hand hoes as well as wheeled implements should be kept sharp, so that good work can be done with little effort.

### NEW SUGAR RATIONING ADMINISTRATION IN USDA

A Sugar Rationing Administration has been set up within the Department of Agriculture, it was announced on April 1st by Secretary of Agriculture, Clinton P. Anderson. Its purpose is to carry out the function assigned to the Secretary by the Sugar Control Act of 1947. He will, in effect, carry out responsibilities similar to those formerly vested in the OPA administrator.

All present regulations covering sugar rationing are to remain in effect, unless and until modified or rescinded by the Secretary. Sugar rationing books will continue in use in accordance with the provisions already announced. It might be well for you to warn your listeners to preserve these books.

### No Special Canning Sugar Stamp

And, as you know, spare stamp 11 in book 4 became valid on April 1st and is good for 10 pounds of sugar, instead of 5. We suggest you remind homemakers occasionally that this extra allotment of sugar must cover home canning needs as well as regular household needs. No special canning sugar stamp will be validated this year.

### EASTER HONEY

Honey for Breakfast Week is being given annual billing by the honey industry, starting Easter Sunday morning.

Stocks of this sweet are still light over the country, but by shopping around you'll find a supply in an occasional store. The market trend in prices has been downward for some weeks, and this market condition has brought out small additional stocks of honey in many localities.

Not in time for the Easter week celebration, but soon thereafter, new crop honey will be extracted in the southern States. The first of the new crop...citrus honey...will come from Texas and Florida. In May, we'll get orange and sage honey from southern California. And by early summer, there'll be alfalfa and desert honey from Arizona and tulip poplar honey from the southern States.

### "C" AS IN STRAWBERRY

Those luscious-looking fresh strawberries you're probably seeing in the market these days will do more than please your taste buds....a generous serving will, on the average, supply the recommended daily quota of vitamin C. That's the report recently made on a study by plant scientists of USDA.

The variety of the berry and the weather conditions under which it's grown both affect the ascorbic acid content. The scientists analyzed 44 varieties and found that the one testing highest had about 2 1/4 times as much as the variety lowest on the scale. Two of the more important commercial varieties...Marshall and Catskill...and five of the less important or new varieties...Redheart, Gandy, Fairpeake, Fairmore and Tennessee Beauty...all have high vitamin C content. They differ in other respects, however...in color, sweetness, and firmness of flesh...so you can't judge by the appearance or flavor of the berry.

#### Fully Ripe Berries Supply More Vitamin C

It's interesting to note that there's little difference in the amount of vitamin C between strawberries picked early in the season and those picked near the season's end. However, the amount of vitamin C can be increased by letting half-red berries ripen for a day or two before serving, even after they've been picked. If they're allowed to ripen on the plant, that's even better.

### PEANUT BUTTER PROSPECTS

The plentiful food list for April includes peanut butter, as you know, and according to latest reports, there are still enough peanuts from the 1946 crop to provide ample stocks of peanut butter for the country until this year's harvest. Peanut plantings are now under way in Florida, Georgia, Alabama and Texas. By May, Virginia and North Carolina will be starting their plantings. Acreage and production indications seem to be of the record class of last year.

#### Salad Suggestion

And here's an interesting combination of two plentiful foods...eggs and peanut butter...in a salad you may like especially to suggest.

(Continued on next page)

Hard cook 6 eggs, remove the shell and cut in half. Mash the yolks and blend with  $\frac{1}{2}$  cup of peanut butter,  $\frac{1}{2}$  cup mayonnaise, 1 to  $1\frac{1}{2}$  tablespoons of lemon juice,  $\frac{1}{4}$  teaspoon salt and a few dashes of tabasco sauce. Stuff the egg whites with this mixture and serve on a bed of cross, endive or shredded cabbage. French or mayonnaise dressing may be used on it, or perhaps you might like to suggest that peanut butter salad dressing we suggested in the January 24 issue of RADIO ROUND-UP.

### NEW MARKETS FOR DRY MILK

While the United States leads the world in milk production, it ranks thirteenth in per capita milk consumption. This is partly due to poor distribution. Use of milk is relatively high in our thickly populated areas, but many sparsely settled communities...especially in the South and Southwest...are far from fresh milk market centers.

As an experiment in better nutrition, the U.S. Department of Agriculture purchased and distributed nonfat dry milk solids to a number of schools participating in the National School Lunch program. The dry milk went to four schools in each of eight States, and only to schools unable to obtain fresh fluid milk in their areas. The dry milk, reconstituted with water and served as a beverage during lunch, was so well received by the children that many more schools in milk deficit areas plan to use the dry milk in their lunch programs.

### War Demands Increased Production

Nonfat dry milk came into prominence during the war. Dairy farmers were asked to increase their production of milk and to sell it "whole" rather than to sell just the cream. Processors could then use the butterfat for cheese and butter, and the skim milk remaining was dried for export to our armed forces and to our allies. Production of this dried milk increased from 322 million pounds in 1940 to 633 million pounds in 1946. At least half of the nonfat dry milk solids went for military and war purposes. Today that market is gone and new markets must be found for dry milk in order that valuable riboflavin, calcium and protein nutrients will not be wasted. The school lunch program, serving more than 8 million children daily, offers a means for expanded use of this food.

### FROZEN-FOOD LOCKER PLANT EXTENSION

The way to describe the growth of the frozen-food locker plant business in the United States between 1943 and 1946 is by the use of that good old phrase...leaps and bounds: they increased from 4,600 in 1943 to 8,000 in 1946. And as materials and equipment are available, more new ones are being opened, and many old ones are being enlarged.

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A total of about 13 million persons are now being served. The average number of patrons per plant has jumped too...from 285 to 414, an increase of 44 percent in the three years. These figures are given in a recent survey by USDA's Farm Credit Administration. It certainly shows a tremendous interest in freezing as a method of food preservation.

Where are these plants located? Well, the survey shows that farmers were the chief users, the proportion being three out of four. Therefore, most of the plants are convenient to farming communities. The largest number of locker plants are located in the North Central and Pacific Northwest States, but the Eastern and Southern regions have showed the greatest percentage gain in numbers since 1943. In addition to the processing and freezing of poultry, fruits and vegetables, other services seem to be on the increase...such as custom slaughtering of meat animals, curing pork, and rendering lard.

In case you're interested in a few more figures: the survey shows that the average plant now holds around 500 lockers, 52 percent more than in 1943. All plants together have space for approximately 4 million lockers, and can store almost 1 1/2 billion pounds of food. The usual proportion is 9 pounds of meat to 1 pound of fruits and vegetables. Of the lockers installed, 99 percent were rented. Many plants were 100 percent rented and had waiting lists.

#### Locker Plant Plus Farm Freezer

In this connection, the suggestion has been made by household equipment specialists of USDA that a combination plan might be suitable for many farm families. That is, a plan whereby they combine rented locker space with a small home freezer, thus gaining the advantage of both. According to Miss Lenore Sater, head of Household Equipment Research in the Department of Agriculture's Bureau of Human Nutrition and Home Economics, home freezing has certain advantages over the locker plant. Chief among these are convenience and greater assurance of quality in frozen fruits and vegetables. Disadvantages are higher cost and more danger of food loss if any breakdown occurs in the power lines or refrigerating system.

Miss Sater points out that a small home freezer of about 6 cubic feet would be satisfactory for the average family of four, supplemented by three lockers in a community plant...plus the use of plant facilities for freezing meat. The home cabinet with separate freezing compartment would probably provide capacity for freezing the quantity of fruits and vegetables maturing each day, and for storing them until they could be taken from the locker. When the growing season is over the cabinet would provide ample home storage for a number of packages of each type of food frozen, and space for freezing leftover and cooked foods. It's likely that trips to the locker could be cut considerably by use of the home equipment.

According to the Bureau, this combination plan would cost the family only a little more than if they depended entirely on the locker plant. In return, they'd get higher quality fruits and vegetables, due to more rapid handling from garden or orchard to the freezer. Also, there would be the added convenience and satisfaction of keeping an ample supply of frozen foods at home.



## FACTS & FIGURES RE FOREST FIRES

Here's a follow-up on last week's story about the 1947 Cooperative Fire Prevention Program. You may like to use some of these statistics from time to time as program material. Such information has a definite place in women's programs, since the women have a real responsibility for observing safety rules. Furthermore, they can help to instruct the young people in safety measures.

USDA's Forest Service tells us that this year our forests and woodlands will be called upon to furnish:

37 billion feet of lumber for homes and other uses.  
 20 million hewn crossties for the country's railroads.  
 18 million cords of pulpwood for paper and plastics.  
 6 million poles for power and phone service.

You might like to contrast these needs with some figures on the losses from forest fire during 1946. Incidentally, the terrible truth is that 90 percent of all forest fires are caused by thoughtless people through plain carelessness. They're started by campers, hunters, fishermen, travelers, farmers, ranchers, loggers--by men, women and children--average Americans who live in or near forest and woodland areas, who work in or near them, or who visit them.

In 1946 there were over 575 forest, woods and range fires a day, which destroyed millions of feet of valuable timber, huge areas of rich grazing land, and thousands of animals. In money value these fires destroyed over 30 million dollars worth of timber...enough to build more than 215,000 five-room homes: enough for 90 million railroad ties, enough for over 5 million tons of newsprint.

### Fire Prevention Rules

Here are 4 simple fire-prevention rules which the Forest Service hopes everybody will observe when they're in the open, and in that way cut down on this tremendous loss of our natural resources:

- 1-Hold your match until it's cold...then pinch it to make sure.
- 2-Crush out your cigarette, cigar, pipe ashes. Use an ashtray. Never throw burning objects from a car window.
- 3-Drown your campfire, then stir and drown again.
- 4-Ask about the law...and a permit...before burning grass, brush, fence rows, or trash. Then follow safe rules...don't burn when it's dry or windy: have help handy; kill every spark!

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Watsonville Pippin apples, loose pack oranges of lower grades, grapefruit, tangerines (reasonable)  
 IN MODERATE SUPPLY.....Large oranges (fairly high), packed lemons (higher), avocados (fairly high), bananas  
 IN LIGHT SUPPLY.....Strawberries (slightly lower), Northwestern apples (high), D'Anjou pears (high), Winter Nellis pears, pineapples (high) storage grapes  
 BEST VEGETABLE BUYS....Cabbage, cauliflower, bunched vegetables, asparagus, artichokes (lower), local rhubarb  
 IN MODERATE SUPPLY.....Carrots, broccoli (rather high), celery, onions, potatoes, Italian squash (lower), sweet potatoes, peas (slightly lower), tomatoes (lower)  
 IN LIGHT SUPPLY.....Hothouse cucumbers (high), Bell peppers (fairly high), snap beans (high)

San Francisco

BEST FRUIT BUYS.....California Newtown apples, grapefruit, small oranges  
 BEST VEGETABLE BUYS....Artichokes (lower), asparagus (lower), spinach  
 IN MODERATE SUPPLY.....Cabbage, carrots, onions, potatoes, rhubarb, peas (lower), small tomatoes (moderately priced), Italian squash (lower)  
 IN LIGHT SUPPLY.....Broccoli, celery (both higher)

Portland

BEST FRUIT BUYS.....Grapefruit  
 IN MODERATE SUPPLY.....Lemons, oranges  
 IN LIGHT SUPPLY.....California tangerines, apples  
 BEST VEGETABLE BUYS....Spinach, artichokes, asparagus, rhubarb  
 IN MODERATE SUPPLY.....Cauliflower, new potatoes from Florida, California peas, onions, potatoes, lettuce, zucchini squash  
 IN LIGHT SUPPLY.....Celery, cabbage, tomatoes

Seattle

BEST FRUIT BUYS.....White grapefruit, small sized pink grapefruit, small oranges  
 IN MODERATE SUPPLY.....Lemons (slightly lower)  
 IN LIGHT SUPPLY.....Avocados, apples (high)  
 BEST VEGETABLE BUYS....Carrots, asparagus, lettuce, cauliflower, spinach  
 IN MODERATE SUPPLY.....Local green onions, radishes, leeks, mustard greens, rhubarb, leaf lettuce, cucumbers  
 IN LIGHT SUPPLY.....Celery, cabbage, artichokes, Washington asparagus

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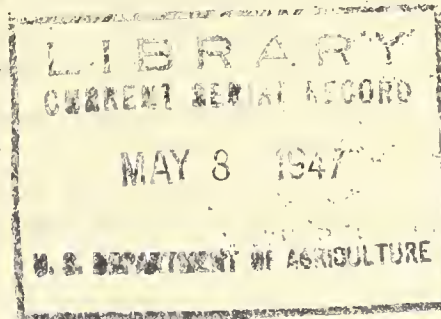


# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

April 11, 1947

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COMMUNITY CANNING...POLISH PROJECT

Community canning projects have become a very important part of the life of many American towns and cities in recent years. Therefore, it may interest your listeners to hear of the introduction of this typically American activity into a European country...and by an American woman. The country is Poland...the woman, Lula Mae Longoria, a food preservation specialist from Louisiana, who went to Poland under the auspices of UNRRA. She has just returned to the United States, and at a recent meeting at UNRRA headquarters in Washington, D.C., gave an interesting account of her month's work in Poland. That country, as you know, is a center of some of the worst of the wartime devastation.

Recommended by USDA

Miss Longoria, who, was in charge of Louisiana's Community Canning Program, was recommended to UNRRA by the U.S. Department of Agriculture. She went abroad last August, to work with the Polish government and establish a program of food preservation. She found that the idea of community canning was completely new to the Polish people...in fact, they knew very little about the canning of food generally. Poland has been famous for years for meat preservation, but they've done very little in the way of processing other foods. She learned that the small quantity of food preserved commercially was canned by almost primitive methods. Because of limited refrigeration facilities, chemicals were widely used to preserve the food. Her informants told her that this affected both the flavor and the nutritive value, leading the Polish people to become extremely dubious about the quality of canned foods. The distribution of much American canned food by UNRRA during the war helped to change the attitude of many people.

Established Training Course

A representative of the Polish Ministry of Agriculture...a woman with a background of nutrition study...was assigned to work with Miss Longoria. 47 men and 7 women were trained in community canning, and Miss Longoria reports that they were intensely interested in the course. The pressure canners and other American equipment sent over were entirely new to them, and they were most anxious to become proficient in their use. The government was trying to get the program started before winter, because of the great need for food in orphanages, hospitals and other institutions. Due to the tremendous war damage, many Polish communities have no facilities for food production or preservation. The government decided to start community canning projects first in such areas. Fuel for power was a necessity, of course, so centers were established in places where this was easily available...sometimes it was coal, sometimes natural gas. In all, 38 plants were set up, one of them exclusively for the training of workers.

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### Community Canning Helps Rehabilitate Country

The Polish government feels these community canning centers will help carry the country through the difficult years ahead. The terrific wartime damage will not be repaired for a long time to come, but community canning will help solve many of the country's food problems. Miss Longoria reports that her Polish co-workers know they will sometimes meet opposition to this program. However, she told them she's often seen a lack of cooperation, and sometimes real opposition, in this country. They were encouraged to learn of the methods we Americans used to overcome these difficulties, and wanted her to stay on to supervise the program. She found the work in Poland stimulating and extremely interesting, but as she was on leave of absence from her job in Louisiana, she could not accept this responsibility.

### CHANGES IN HOME CANNING INSTRUCTIONS

There's some news about canning just released by the USDA's Bureau of Human Nutrition and Home Economics...changes in the time of processing certain foods. You'll want to include this information in broadcasts in which you discuss home canning...and some of you are already talking about that, no doubt, depending on the part of the country you live in. If you haven't come to the subject yet, we suggest you file this information carefully in the home canning folder, for reference at the proper time. It is extremely indefinite as to when a new home canning bulletin will be issued by the Department...the reason, printing fund problems. Therefore, we'll keep you posted about the changes in regard to specific foods, as the canning season advances.

### Asparagus and Peas Start the Canning Season

Asparagus and garden peas come first on the home canning schedule in many households, so those are the two vegetables we're talking about right now. The new and improved directions for canning are based on three years of intensive scientific study of home canning low-acid vegetable and meats, as the job is done in home kitchens and in family-sized steam pressure canners.

For pint jars, the processing times recommended are now shorter than in the past, and this means the vegetables will look and taste better. For asparagus home-canned in quart-sized jars, longer processing has been found necessary, to insure the food will keep.

The research scientists stress the necessity of using a steam pressure canner for low-acid foods. This is the only practical method of guarding against the serious food poisoning known as botulism. The directions given are for this method of canning only, it should be emphasized, since the processing times given may not be long enough for food prepared and packed by some other method.

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Asparagus

Wash asparagus, trim off scales and tough ends and wash again. Cut into 1-inch pieces. Cover with boiling water and boil 2 or 3 minutes. Pack hot asparagus to  $\frac{1}{2}$  inch of top of glass jars. Cover with hot cooking liquid, or, if liquid contains grit, use boiling water. Leave  $\frac{1}{2}$  inch space at top of jar. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240 F.) - pint jars, 25 minutes; quart jars 55 minutes. As soon as jars are removed from canner, complete seals if not the self-sealing type.

Green peas

Shell and wash peas. Cover with boiling water. Bring to boil. Pack hot peas to 1 inch of top of glass jars. Cover with boiling water, leaving 1 inch space at top of jar. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240 F.) in either pint or quart jars, 40 minutes. As soon as jars are removed from canner, complete seals if not the self-sealing type.

FIRMER APPLES FOR FIRMER PIES

In the very near future, bakers are going to begin building better apple pies...and it's all on account of several years' research into the problem of firming apple slices. USDA's Agricultural Research Administration has just announced the results of this research, which has been carried on by the Department's Eastern Regional Research Laboratory in Philadelphia, and by the State Experiment Stations in Massachusetts and New York. You may not realize that one of the reasons why commercially baked apple pie doesn't have that good old-fashioned flavor is because the apples themselves aren't as full-flavored as the ones mother probably used. You see, the apples which are prepared for the pie trade are the firmer varieties which hold their shape in cooking and make a better looking pie. These, however, aren't as full of flavor as the softer, juicier apples.

The scientists have found that there's a simple way of treating these softer, finer-flavored apples so that they won't break up and turn into applesauce in the baking. The apple slices can be dipped, impregnated, or cooked in a very weak solution of calcium chloride. Then they can be baked immediately in a pie if desired, or canned or frozen for future use.

At least two million bushels of apples in the form of frozen slices alone are used by bakers every year, and many more in fresh and canned slices. Now that a method has been developed for firming the fine-flavored apples in the processing, it's likely that many more will be used. Included will be McIntosh, Gravenstein, and other varieties that always have been considered too soft for this purpose.

Several commercial processors already are trying out the calcium-firmed apple slices for canning and freezing. This new method of treating the apples has another advantage...it gives a new outlet for early apples which have in the past sold mostly to the fresh markets.



### IN THE MAY FOOD BASKET

The plentiful food list announced by the U.S. Department of Agriculture for May contains several commodities that have been in the food line-light for a period of months. Potatoes for one, will continue to be abundant on markets throughout the country. Citrus fruits, both fresh and processed, are also plentiful. That processed line-up includes canned orange and grapefruit juice, blended citrus juices and canned grapefruit segments.

In the dried fruit classification, there are peaches and small-sized prunes. These two dried fruits will be in relatively heavy supply for May.

Eggs and turkeys are the poultry items on the list. Peanut butter also continues plentiful.

### SAUERKRAUT SURPLUS

There's plenty of sauerkraut to spice up spring meals. Recent reports from kraut packers indicate that about 70 percent of the 1946 pack is still available. The pack was slightly larger than that of 1945, and almost double the 10-year average production. Therefore, that 70 percent carryover represents quite a supply of kraut to be moved in the near future. This is specially important when you consider that ordinarily by March 1st only 20 percent to 30 percent of the kraut production is still in the packers' hands.

Prices are very reasonable too, though there may be enough variation in retail store prices so that the homemaker may want to shop around for a bargain. The kraut is in bulk and in cans...the No. 2 1/2 can is in particularly good supply. This size contains six generous servings, so if only part of the contents are to be used at one time, the unused portion should be kept tightly covered in the refrigerator for another meal.

### Sauerkraut Serving Suggestions

This is a food with an international aspect...it has appeared in many parts of the world. History tells us that fermented cabbage was invented in Asia, and it's still eaten in China. The Tartars get credit for bringing sour cabbage to Europe, and as it spread into various countries, new ways of preparing and serving it were tried out.

Sauerkraut and -----: When you're suggesting sauerkraut, tell your listeners to try it with other foods besides the traditional sausage, spareribs and pigs' knuckles. It's often used for stuffing turkey or goose, or served with them. Also, sauerkraut follows tradition when it's teamed up with fried liver or baked fish. When you're planning a buffet supper, here's something that's easy to fix and good to eat...potato salad, toasted frankfurters and sauerkraut.

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Sauerkraut in Salad: And now that warmer weather's on the way, chilled sauerkraut can be a welcome addition to summertime meals. It's very easy to keep a can or two in the refrigerator, ready to open at a moment's notice. It can be served plain, or drained, chopped and combined with other vegetables in a salad. Shredded raw carrots, sliced tomatoes or cubed beets will add both flavor and color.

Sauerkraut Juice Appetizer: Don't overlook chilled sauerkraut juice as a first course for dinner...either straight or with a dash of lemon juice. Or combine it with tomato juice on a fifty-fifty basis, for a delicious combination of flavor.

#### Sauerkraut Contains Vitamins and Minerals

Sauerkraut contains some minerals and vitamins for the nutrition score...its best point is that it's a good source of vitamin C. Food specialists of USDA point out that it's especially valuable as a flavor contrast at mealtimes...can be considered a relish as well as a vegetable.

#### GARDEN SOIL IMPROVEMENT

Here's more information from the garden specialists of USDA which you may like to use in programs occasionally, or to keep on hand for answering questions from the gardeners in your audience.

They point out that it's possible for the home gardener to build up poor garden soil by use of manure, compost, fertilizer, and in many cases, lime. Manure and compost make the soil easier for plants to grow in, and easier for the gardener to work. Also, they add plant food; chemical fertilizers do this too.

Most garden soils can be improved with liberal supplies of manure. If the manure is fresh and contains considerable straw, it should be spaded or plowed under as early in the spring as possible. If the supply is short, work it into the soil where it will do the most good.

Some compost can be supplied by turning sod under in the garden this season. The big clumps of sod and heavy masses of vegetation should be broken up and spaded under. For future use, start a compost pile which will improve the organic material in the garden soil.

Chemical fertilizer will help in most gardens, unless the soil is in top condition through having been built up with lots of manure. The most effective way to apply fertilizer is to place it in bands two inches on either side of the row, and slightly below the seed.

Lime is specially needed in garden soil in the eastern part of the country. It counteracts the effect of soil acids, and furnishes calcium and magnesium needed by plants. Common builders' lime, ground limestone, or wood ashes that have been kept under good cover...all these may be used for liming the soil.



FACT SHEET ON HOME DEMONSTRATION WEEK

National Home Demonstration Week this year will run from May 4 to 11, as you will see from the enclosed fact sheet. This is the second annual observance, and the 1947 theme is "Today's Home Builds Tomorrow's World."

Those of you whose programs serve rural areas probably already are making plans for some special mention of NHD week...possibly tying up with community affairs, such as special programs, teas, exhibits and tours. It's a good time to schedule interviews with home demonstration agents, or with some of the half-million or so rural women who serve as volunteer leaders.

The feature of this year's observance will be the progress made in rural family and community living since the home demonstration program was initiated over 30 years ago. Rural women are studying ways and means of forwarding the family's health, comfort and happiness, and in this way helping to build better communities.

The fact sheet is being sent only to the women's program directors of radio stations who receive Radio Roundup. Therefore, we're giving an excerpt, for the benefit of the other readers of Roundup, to show some specific activities of home demonstration clubs throughout the United States.

In Larimer County, Colorado, a club began raising funds to help build a new hospital at Loveland.

In Harrison County, Missouri, a series of dental clinics for school children in the county was sponsored by the county council of home economics extension clubs.

In South Dakota, the thimble club began raising funds for a memorial community building.

In Hart County, Georgia, three home demonstration clubs sponsored a community lending library.

In Oklahoma, home demonstration groups helped provide or improve playgrounds, parks, or community buildings in 875 communities.

In Torrance County, New Mexico, rural women are sponsoring a hot-lunch program in the consolidated school at Estonia, the County Seat, during the current school year.

Rural homes and communities throughout the 48 states, Alaska, Hawaii and Puerto Rico are observing this Second Annual National Home Demonstration Week. For further information, get in touch with your state or county home demonstration workers, or your state extension editor.

PACIFIC MARKET PANORAMALos Angeles

BEST FRUIT BUYS.....Loose packed oranges (reasonable), Watsonville  
 Pippin apples (reasonable), grapefruit  
 IN MODERATE SUPPLY.....Strawberries, lemons, bananas  
 IN LIGHT SUPPLY.....Northwestern apples (fairly high), storage pears,  
 avocados (fairly high), Hawaiian pineapples, kumquats,  
 loquats  
 BEST VEGETABLE BUYS.....Lettuce, peas (fairly reasonable), artichokes (low  
 priced), bunched vegetables, carrots, cauliflower  
 (reasonable), rhubarb (reasonable)  
 IN MODERATE SUPPLY.....Asparagus (higher), cabbage (slightly higher), yellow  
 onions (slightly lower), Italian and white summer squash  
 (lower), Russet potatoes (lower)  
 IN LIGHT SUPPLY.....Hothouse cucumbers, rutabagas (higher), broccoli (fairly  
 high), snap beans (high), peppers (high), sweet potatoes,  
 tomatoes (high), eggplant (high)

San Francisco

BEST FRUIT BUYS.....California Newtown apples, grapefruit  
 IN MODERATE SUPPLY.....Small oranges  
 IN LIGHT SUPPLY.....Strawberries (lower, but still high)  
 BEST VEGETABLE BUYS.....Artichokes, asparagus, spinach, rhubarb  
 IN MODERATE SUPPLY.....Carrots (lower), peas (lower), onions, potatoes,  
 cauliflower (higher)  
 IN LIGHT SUPPLY.....Snap beans (very high), celery (higher), peppers (higher)  
 tomatoes (high)

Portland

FRUIT --  
 IN MODERATE SUPPLY.....Oranges (lower), lemons (lower)  
 IN LIGHT SUPPLY.....Apples (high), strawberries  
 BEST VEGETABLE BUYS.....Spinach, dry onions, green onions, artichokes  
 IN MODERATE SUPPLY.....Cabbage, asparagus, potatoes, lettuce  
 IN LIGHT SUPPLY.....Cauliflower, celery, parsnips, peas, radishes

Seattle

BEST FRUIT BUYS.....Small grapefruit  
 IN MODERATE SUPPLY.....Oranges and lemons (lower)  
 IN LIGHT SUPPLY.....Apples and pears (high)  
 BEST VEGETABLE BUYS.....Spinach, cabbage, carrots  
 IN MODERATE SUPPLY.....Lettuce (wide range of prices)  
 IN LIGHT SUPPLY.....Celery, cauliflower and broccoli (high)



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**Western Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

April 18, 1947

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**U. S. Department of Agriculture  
Radio Service**

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

FROZEN FOOD BARGAINS

In these days of high food prices, it's good news when we hear of something that's coming down. According to information from marketing specialists of USDA, and from trade sources too, this has happened, and is continuing, in the case of frozen fruits and vegetables. There's a wide variation in retail store prices, however, and it may be necessary to shop around a bit. Bargains are being offered in many stores, and they're worth investigating.

Storage Holdings High

Storage holdings of both frozen fruits and vegetables are much above the average for this time of year...that's the reason for price reductions. On April 1st, there were 366 million pounds of frozen fruits in storage, which is 45 million pounds higher than on the same date last year. As for vegetables, the April 1st total was 276 million pounds, about half again as much as was in storage last April 1st.

A good portion of the frozen fruits are in large containers and will be used by manufacturers of preserves, ice cream and confections. There are ample stocks of frozen fruits in consumer-sized packages, however...particularly of apricots, peaches, cherries, pineapple, raspberries and strawberries. And if you've kept frozen fruits off your shopping list because of relatively high prices quoted early in the winter, you're in for a surprise now.

In the frozen vegetable line, there are particularly generous offerings of peas, snapbeans, corn and spinach.

STRAWBERRY SUPPLIES INCREASING

Here's the latest report on strawberry supplies, from fruit marketing specialists of the U.S. Department of Agriculture. The season is getting under way in Louisiana, where shipments have been delayed by cool weather. Prospects now indicate a yield larger than last year.

While the distribution of Louisiana berries is nationwide, the principal markets for this crop are in the Eastern states. The West Coast states are supplied by western strawberry producers. Right now Salinas, the San Joaquin Valley and southern coastal areas are contributing strawberries.

Prices are likely to remain fairly high until local berries begin to come on the market...Therefore, it's a good idea to suggest ways of serving strawberries so that a few will go a long way. For instance, a spoonful of sliced or crushed berries will turn a dish of vanilla ice cream into something extra special. Also they'll add flavor and color to a fruit cup or fruit salad. You probably have some helpful ideas of your own to pass along to your listeners.

And here's a caution it's wise to repeat. Strawberries spoil quickly, so if they must be kept overnight, look them over and pick out any that show signs of softening or mold. Then put them in a colander or other ventilated container and keep them in a cool place. Don't wash strawberries until just before you're ready to use them, and remove the green caps only after the berries have been washed.



### GAUGE-TESTING TIME

It's time again to remind homemakers that the dial gauge of a pressure canner should be tested for accuracy before the season's canning is started. The household equipment specialists of USDA's Bureau of Human Nutrition and Home Economics point out that unless the gauge registers accurately, food being processed may get too little heat for safe-keeping, or may be needlessly overcooked, which causes loss of vitamins and flavor.

#### Steam Pressure Canning Only Safe Method

Again, the canning specialists point out that only the steam pressure canner is safe for processing low-acid foods...saw beans, corn, and the other commonly home-canned garden vegetables, excepting tomatoes. This applies also to meat. Ten pounds pressure...the equivalent of 240 degrees F. in temperature...should be used.

Here are recommendations from the Bureau for seeing that a gauge is dependable:

If the pressure canner has a weighted gauge, this needs only to be very clean and properly put on the canner.

A dial type gauge, new or old, should be checked for accuracy before each canning season...also during the season if it's used a great deal. This gauge can be checked with the dealer, the manufacturer of the canner, or with the county home demonstration agent.

#### Canning in High Altitudes

And here's a special warning about canning done at 2,000 feet or more above sea level. It takes more than 10 pounds pressure to reach 240 degrees F. at these heights; for each 2,000 feet above sea level, add 1 pound pressure. A weighted gauge may be corrected for altitude by the manufacturer.

### PEPPER PORTION

The Indian government announced that it will allocate an additional 4,400,000 pounds of black pepper to the United States by September. Earlier in the year, India allocated us approximately 5,500,000 pounds, and part of this amount already has been shipped to the United States. While the total allocation will not equal prewar use, it should fill some of the back orders for this spice. The average person in this country uses two ounces of black pepper per year...this of course, doesn't include the amount used by food processors.

The Dutch East Indies constituted our principal source of black pepper before the war, but practically no pepper is being received from there right now.

### MORE JELLIES & PRESERVES

There's good news about jellies and preserves...many cities report ample supplies on hand, and also that prices are beginning to come down from those of last winter. The increase in supplies is a result of the receipt of the April sugar allotment by preservers and jelly manufacturers.

### DRIED PRUNES AND PEACHES PLENTIFUL

Two varieties of dried fruit, peaches and prunes, are on the plentiful food list for May, so you might well bring these into your meal-planning suggestions occasionally. Prunes in particular seem likely to be a good buy in most markets. The quality is good, the price lower than earlier in the year, and civilians will be able to get twice as many as in any May since the beginning of the war. Most of the prunes probably will be of medium and small size.

You may like to refer to the serving suggestions for dried fruits listed in October 4, 1946, RADIO ROUNDUP. Here are a couple more, from the food specialists of USDA, which you might add to your collection. You'll note they feature peanut butter and eggs, two more foods on the May plentiful list.

#### Dried Fruit Sandwiches

Cook dried fruit and drain. Chop and mix with creamed butter, cottage cheese, or peanut butter. Spread between slices of bread for sandwiches.

Variation: Make sandwiches as suggested, dip into a mixture of egg and milk, and fry in a little melted fat until golden brown on both sides. For six sandwiches, use 2 eggs beaten with  $\frac{3}{4}$  cup of milk, 1 tablespoon of sugar, and salt to season.

#### Dried Fruit Omelet

Here's another idea for using dried fruit, especially interesting during the season of heavy egg production. For each egg, use 1 tablespoon of milk, with salt and pepper to taste. Beat the eggs just enough to blend the yolks and whites. Add the milk and seasonings. Heat a heavy frying pan and add enough fat to cover the bottom of the pan. When the fat melts, pour in the egg mixture. Cook over low heat. Lift the egg mixture with a knife and let the uncooked portion run underneath, until the whole mass is set. When the omelet is lightly browned, spread with cooked, hot dried fruit. Roll and turn onto a hot platter and serve at once.

NHD WEEK HEADLINES

Here's more news from USDA's Extension Service regarding National Home Demonstration Week, which is to be observed throughout the nation from May 4 to 11.

As we pointed out in last week's Roundup, the theme of the 1947 observance is "Today's Home Builds Tomorrow's World." The purpose of the week's activities will be to interest more families in the voluntary on-the-job education program planned and conducted by local women and the Cooperative Extension Service of USDA and the Land-Grant colleges throughout the 48 states, Alaska, Hawaii and Puerto Rico.

Here are specific reports from certain states as to activities they're planning. Many of you, especially those who know you have rural listeners, may like to check on them, with possible program features in mind.

Delaware: A state meeting will be held in Dover, May 8. It will feature a fashion show of garments made by the women in tailoring schools, and special recognition of those homemakers who serve as local leaders. Lady Wersley Taylor, President of the Federation of Women's Institutes for England and Wales, will be guest speaker.

West Virginia: State luncheon at Brookings...rural women will be featured speakers. Slides of home demonstration work will be shown, and a tribute to the home demonstration agent given. Guests will include state officials and representatives of various states and civic organizations.

New York & Virginia: District meetings of home demonstration groups will be held during week, with discussions of projects and problems to be taken up during the coming year.

Tennessee & Mississippi: Community clean-up drives will be sponsored.

Arkansas: Special attention will be given to the organization of young homemakers' clubs, which they call "Sister Clubs." Plans also are reported for community picnics and mother-daughter luncheons.

Wyoming: There's to be a publicity contest sponsored by the State Council of home demonstration clubs. Prizes will be awarded county councils submitted the best news stories on events of the week.

The foregoing will give you some idea of what will be going on during National Home Demonstration Week in certain parts of the country. You can find out more specific details from your state or county home demonstration agent, or your state extension editor.



## SHOPPING TIPS ON THAT NEW WASHER

Now that it's possible to make a choice of washing machines again, maybe you'd like to give your listeners some pointers on selecting the right washer...suggestions from the home equipment specialists of USDA's Bureau of Human Nutrition and Home Economics.

### Automatic?

That's the first question you'll probably ask yourself, and the answer depends on several things. An automatic washer saves time and labor, of course. You put in the clothes, set the controls, add soap, and the machine does the rest. It fills itself with water at the right temperature, washes and rinses the clothes, spins them damp-dry. And while the clothes are drying, the tub is cleaned and drained; only the trap needs to be cleaned of lint...no laundry tubs are needed.

To use an automatic washer, however, there must be a plentiful supply of running hot and cold water, reasonably soft. Also the water system must provide enough pressure for the automatic washer.

The cost of an automatic washer is higher than that of the standard type, and there may be extra charges for installing it. Furthermore, the upkeep may be greater because the mechanism is more complicated. Therefore, the question a purchaser must settle is how important the saving of time and labor is...how much it's worth in actual money.

### Wringer or Spinner?

If you decide on the standard or non-automatic machine, you can get either the wringer or spinner type, though there are more models with wringers. They can do equally good jobs, so it's a matter simply of comparing the various machines as to special features.

### What Size?

The capacity of a washer is usually measured by the number of pounds of clothes that can be washed at one time. The standard size machines, designed for ordinary family use, usually range from 6 to 10 pounds. It's well, too, to consider the number of times you wash each week and the way you sort clothes for washer loads. For instance, if you wash only once a week, you may need a machine that takes the whole wash in the fewest possible loads. And consider the amount of water that the machine will require...some take more than others for the same size load. This is an important point in areas where water is scarce, the rate high, or where heating or pumping are problems.

The twin-tub wringer machine is made by some manufacturers, and you may like to consider this type. With it you can wash two loads at a time, or use one tub for washing and one for rinsing.

(Continued on next page)

### How About Portables?

Portable machines that hold from 2 to 3 pounds of clothes are handy for small washings, baby clothes, or small items you like to keep separate from the family wash. They do not take the place of a standard-size machine, however, even in a small family, if all the washing is done at home.

### Features to Check

The washing mechanism...the device inside the washer tub that moves the clothes through the water...can be the agitator, the cylinder or the vacuum cup type. All have good features, and you may like to get the opinions of friends who've had experience with different models before deciding. Here are some features you'll definitely want to find in your washer, though:

1-Control levers placed where you can reach them easily, to start and stop the washer, and to manage the wringer's safety release.

2-Rubber-covered swivel casters that roll easily...plus a lock on casters or caster cups to hold the machine steady when in use.

3-A waterline that's easy to see, to help in filling the tub to the right level.

4-A grounding device for the washer frame, to avoid electric shock if the insulation fails.

### Your Money's Worth

Select a well-built washer made from sturdy materials well braced and welded. Be sure that there are no sharp edges, or rough screw and rivet heads to tear clothes. Parts coming in contact with clothes should be rust-proof. Gears should be enclosed, so that nothing can get caught in them. Tub and motor should be mounted on rubber, or hung on springs, to lessen vibration and noise.

As many of the values important for durability and efficiency are hidden, your best assurance is to buy a washer bearing the name of a reliable maker. Look also for the seal of the Underwriters' Laboratories, which means that motor and electrical connections have been approved as safe. And, for good servicing, buy from a local dealer with a dependable service department.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Grapefruit (reasonable),  
 loose pack oranges (reasonable), Pippin apples (reasonable)  
 IN MODERATE SUPPLY....Strawberries (fairly high), lemons (slightly lower),  
 avocados (fairly high), bananas  
 IN LIGHT SUPPLY.....Tangerines, kumquats, loquats, Northwestern apples (high),  
 storage pears, pineapples (high)  
 BEST VEGETABLE BUYS...Lettuce (reasonable), artichokes (reasonable), old  
 potatoes, bunched vegetables (reasonable), peas  
 IN MODERATE SUPPLY....Celery, asparagus (fairly high), new potatoes, carrots,  
 Italian and white summer squash, sweet potatoes, dry  
 onions  
 IN LIGHT SUPPLY.....Peppers (high), tomatoes, snap beans (high), broccoli  
 (high), eggplant (high)

San Francisco

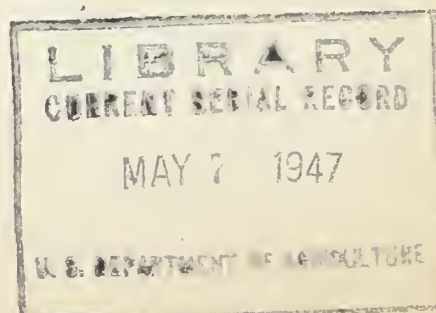
BEST FRUIT BUYS.....California Newtown apples, grapefruit, small oranges  
 IN MODERATE SUPPLY....Strawberries  
 BEST VEGETABLE BUYS...Artichokes (low), asparagus (relatively low), spinach,  
 green peas, rhubarb  
 IN MODERATE SUPPLY....Carrots (lower), onions, potatoes  
 IN LIGHT SUPPLY.....Cauliflower (higher), tomatoes (rather high), snap beans  
 (lower)

Portland

BEST FRUIT BUYS.....Grapefruit and oranges  
 IN MODERATE SUPPLY....Avocados, lemons  
 IN LIGHT SUPPLY.....Apples, pears (season about over), bananas, strawberries  
 BEST VEGETABLE BUYS...Spinach, rhubarb, artichokes (low priced), onions  
 IN MODERATE SUPPLY....Asparagus, new potatoes, cabbage, carrots, lettuce  
 IN LIGHT SUPPLY.....Celery, cauliflower, parsnips

Seattle

BEST FRUIT BUYS.....Grapefruit and oranges (lower)  
 IN MODERATE SUPPLY....Avocados, lemons  
 IN LIGHT SUPPLY.....Apples, bananas, strawberries  
 BEST VEGETABLE BUYS...Asparagus, spinach, artichokes, carrots  
 IN MODERATE SUPPLY....New potatoes, cabbage, peas (all lower priced)  
 IN LIGHT SUPPLY.....Celery, cauliflower, parsnips (high)





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FBR/IS**Western Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

April 25, 1947

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**U. S. Department of Agriculture  
Radio Service**

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

CHILD HEALTH DAY MAY 1

Here's a reminder about Child Health Day which is May 1st, as you doubtless know. The 1947 presidential proclamation calls on all agencies and organizations interested in child welfare to embark on a year-round program for the protection and development of the health of the nation's children. President Truman makes a special appeal to parents to take every possible step to protect children from needless injury and suffering. He points out that the prevention of accidents in the home is of special importance.

The nationwide campaign during the week of April 27th is sponsored by the Children's Bureau of the Federal Security Agency, in cooperation with the National Conference on Home Safety and the Red Cross. If you haven't already planned a broadcast or two featuring this campaign, here are some suggestions for working the idea into your regular program.

Some Warnings to Parents

In talking about cooking and the preparation of meals, you might warn against the kitchen accidents in which children often are injured. Burns are particularly frequent, of course...the child reaches for hot things on the stove, or is burned when hot liquids are spilled. Then there are the surface burns, from stoves, irons, electric heaters, and the burns resulting from a child's playing with matches.

Accidents often result from leaving knives and other kitchen utensils within reach of children. And there's danger in sharp-pointed scissors and other such objects...also in leaving glasses and other dishes within easy reach of youngsters too young to handle them.

Poisoning is another household danger, and you should warn your listeners against leaving insecticides, lye and other common poisons where children can get at them. Include medicines in this warning too...especially the candy-coated or brightly colored ones, which attract youngsters.

If you're talking about electrical appliances, caution the homemaker about the injuries children can suffer from an electric fan, as well as the other electrical items mentioned before. Remind the grownups that children shouldn't be allowed to play with electric outlets and fixtures either. They can receive severe shocks from sticking hairpins, knives or other conductors into the fixtures. Another danger is from short-circuits in the fixture or outlet.

In general discussion of household problems, mention might be made of the accidents toddlers often suffer in falls down stairways that aren't guarded, or from windows with screens that haven't been securely fastened.

Women broadcasters can do something really worthwhile by stressing the fact that a child's home is often far from the safest place in the world. And the tragedy is, as the President says, in the fact that much of injury and suffering which occurs there is needless.



ADDITIONS TO THE PLENTIFUL LIST

We told you in the April 11 issue of Roundup of eight foods that had made the U.S. Department of Agriculture plentiful food list for May. Four other foods have just been added to this May list...canned peas and tomato juice, sauerkraut and cottage cheese.

Record Pack of Peas

The acreage and production of peas for canning and freezing reached an all-time high in 1946. The canned pack was a record total of over 41 million cases...almost a million and a half cases more than the 1945 pack. With military requirements smaller, there is a substantial carryover to move before the new pack becomes available. While the above information refers to canned peas of all grades, Grade C or Standard peas are particularly plentiful. These Standard peas are approximately the same in nutritive value as those of the higher grades, are usually more economical in price, and may be used to advantage in salads, soups, stews and creamed with other foods.

Present Stocks of Tomato Juice High

More tomatoes were canned as juice in 1946 than were packed in any other way...nearly 29 million cases. Stocks held by packers, distributors and in warehouses of retail food chains on February 1 were slightly more than 17 million cases or over 1 1/4 million cases larger than the average for the years 1943-45.

We told you two weeks ago of the record sauerkraut pack. Production of cabbage for kraut in 1946 totaled 264,000 tons...more than 31,000 tons in excess of the previous record in 1945. A great percentage of this kraut is still available.

The seasonal increase in milk production means more cottage cheese and a reasonable price in comparison with other protein foods.

MEAT ON THE HOOF

There are about 200,000 more cattle in feed lots this April than a year ago. This means a sizeable increase in the beef supply in the months ahead, more than enough in fact, to make up the seasonal decrease in pork supplies.

Since these cattle will be fed grain and concentrated feeds, the amount of quality beef is also going to be stepped up in the coming months. More beef will rate "Good" and "Choice" grades than you noticed during the first three months of 1947.

Retail pork prices probably won't change much in the weeks immediately ahead, as this is an in-between season for hog marketings. About all of last year's spring pig crop has been marketed, and the heavy run of 1946 fall pigs won't be reached until late May or early June. Don't look for heavy supplies then, though. There just won't be much of an increase in pork until November,

(Continued on next page)



when the spring crop from this year is started to market. Neither can you expect much lamb and mutton this spring and summer. Lamb and mutton production for 1947 will be down about 20 percent from last year.

However, with the increase in beef, there'll be about a third more meat offered this year than in pre-war years. This is a per capita share between 150 and 155 pounds...the largest in 35 years.

#### POSTSCRIPT ON PRUNES

In last week's RADIO ROUNDUP we told you that dried peaches and prunes, especially prunes, are among the plentiful foods this spring, and suggested including them frequently in menu plans. Not only are these dried fruits likely to be a good buy from the budget standpoint, but they're nice little packages of nutrition as well. They supply sugar for energy, also some vitamins and minerals. Furthermore, dried fruits contain less water and more substance than fresh fruits. Therefore, it's a good idea for the homemaker to take advantage of the present plentiful supplies. (Of course, there was that character in Dickens who recommended to young ladies the use of certain words to help make the lips small and well-shaped...one of these words being "prunes." You can decide for yourself whether that's worth mentioning!)

#### Store Carefully

It's a good idea to caution your listeners about careful storage of dried fruits. Since most of the moisture has been removed, they have a tendency to absorb dampness again. That's why prunes are often packed in moisture-proof packages. After the seal of the package has been broken, it's well to put the remainder of the fruit in a jar or box with a tight-fitting lid, and store them in a dark, cool place. Cooked prunes keep well, so it's economical to cook the whole package at one time and store them in the refrigerator until they're used up.

#### Cook Long and Slowly

Speaking of cooking prunes, the food specialists of USDA advise that the process be long and slow, in order to develop the flavor and permit even cooking through to the pit. When prunes are thoroughly cooked the flesh separates easily from the pit, and the juice is thick and sweet. Some prunes don't need any soaking, and it's never advisable to soak them for a long time. Some of the minerals and vitamins dissolve in water, and a loss of flavor results too. Where there are directions on the package, it's a good idea to follow these.

#### Jellied Prunes

This is a delicious dessert which glamorizes prunes to a point where every member of the family is likely to ask for seconds. It's one recently tested and revised by the food specialists of USDA's Bureau of Human Nutrition and Home Economics, and you may like to suggest it to the homemakers in your audience. Here's how:

(Continued on next page)

Jellied Prunes

1 Tablespoon plain gelatine  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{2}$  cup sugar

$\frac{1}{8}$  Teaspoon salt  
 1  $\frac{3}{4}$  cup hot prune juice or  
 juice and water  
 2 cups well cooked prunes,  
 drained and pitted

Soak gelatine in water 5 minutes. Add soaked gelatine, lemon juice, sugar and salt to hot liquid and stir until dissolved. Chill until partly thickened. Chop prunes coarsely and fold into thickened juice. Chill until set. Serve with plain or whipped cream. 6 servings.

To make this dessert even more interesting, a few chopped marshmallows can be folded in at the same time the prunes are added. Another nice touch is to sprinkle chopped nuts on top of each serving.

FOR THE SPRING SALAD BOWL

The trio that's tops in the vegetable line throughout most of the country right now is cabbage, carrots and spinach...every one of them a fine addition to the spring salad bowl. And they're good cooked, of course, as every meal-planner knows, for salads or vegetable plates.

The new crop of cabbage is coming from California, Arizona and the Northwest...the carrots (both topped and bunched) are from California, Arizona and Texas...the spinach from California, Washington, Oregon and, again Texas.

Raw vegetables used in salads should be chopped or shredded just before serving. Here are a few serving suggestions, from the food specialists of USDA.

Shredded cabbage with chopped onion and peanuts, or with chopped or grated raw carrots.

Raw or cooked carrots, thinly sliced, combined with cooked green beans, fresh, frozen or canned.

Raw chopped spinach with diced tomatoes or hard-cooked eggs.

Incidentally, these salad combinations also go well in sandwiches. To make sandwich fillings, cut the vegetables fine and mix with salad dressing or creamed butter or margarine.

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 May we call your attention to the enclosed information on community price ceilings on sugar, which become effective on May 1, 1947.  
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### WITH THE FLEET

Now that winter is over, the fishing fleet is moving out in numbers. The catch of our principal food fish varieties is heaviest from May through November. From November through April, when seas are stormy and rough, fishing effort is at a minimum and we depend primarily on storage stocks for our fish meals.

The first of the spring runs of mackerel and shad are now reaching markets in the new England and North-Atlantic states. Other principal varieties being caught along the Atlantic Coast include cod, haddock, flounder, sea trout and striped bass.

The halibut catch gets under way on the West Coast May 1...the opening date and volume of catch being regulated by an agreement between Canada and the United States. The salmon season in the Pacific Northwest also opens about May 1.

With navigation opening on the Great Lakes, there is increased activity in the landings of smelts, yellow pike and cisco. From the South Atlantic and Gulf areas are coming red snapper, mullet and catfish.

### More Frozen Fish Indicated

It looks now, as though increased proportions of the 1947 landings will be processed in frozen form and marketed in consumer-sized packages. About twenty years ago, only 10 percent of the catch was frozen. Today a much larger portion is being frozen, in order that there can be wider distribution and a more uniform year-round supply of fish. Packaged fish...chiefly in fillet form...has grown in popularity, because it's easy for the retailer to distribute and is ready for immediate use by the home-maker.

### WEED WARNING

Here's another in the series of tips from USDA's garden specialists which you may like to have for your file of garden information.

Tell home gardeners not to use the new weed killer 2, 4-D, in the vegetable garden. This is fine for killing the weeds in lawns...plantain, dandelions, and such...but it's also death on tomatoes, beans, peas, and other vegetables usually grown in the home garden. This weed killer is much more powerful and long-lasting than is generally realized. Whenever 2, 4-D is being used on lawns, care should be taken not to let a little of the spray drift onto the vegetable plants. And it isn't safe to use the same spraying equipment for 2, 4-D and any spray that's being used on vegetable crops, unless a thorough cleaning job is done first. Even a small residue of 2, 4-D left in the sprayer can injure the vegetables. To clean the sprayer, use about 2 teaspoons of household ammonia to a gallon of warm water.

As a matter of fact, the plant specialists of USDA advise home gardeners to stick to the hoe for killing weeds in vegetable gardens...it takes more elbow grease, but the results are better.



## WOOD WONDER WORKERS

The average woman at home probably knows little about certain activities of the U.S. Department of Agriculture which are of direct benefit to her and her family. Take the Forest Products Laboratory at Madison, Wisconsin, for instance. This is the place in which many of the most interesting uses of wood have been developed...the largest research center in the country devoted entirely to the study of wood and wood products.

In a recent radio broadcast, the Chief of Forest Products of the U.S. Forest Service and two of the scientists from this laboratory discussed its work. They told about experiments now under way which will be of great value in home building and furnishing.

### Hard Wood From Soft Wood

For example, they're now working on ways to make hardwood out of softwood. One already developed is called staypak, and it's made simply by heating wood having a proper moisture content, and compressing it. This converts the wood into what appears to be a fine hardwood, hard enough to be used for flooring. Eventually, they hope to produce a staypak floor that will compete with hardwood flooring of oak or maple.

The plywood experiments now under way are of great interest too, since a lot of plywood is needed for new homes and furniture. As you probably know, plywood is made up of strips of wood veneer, three or more in number, glued together, with the grain of each strip laid crosswise. Plywood is important in both home-building and furniture making because it offers greater resistance than solid wood of the same thickness...isn't so easy to split or puncture...can be made up in far larger sheets than the boards sawed from a log...and makes possible furniture styles with rounded corners. The Forest Products Lab people are testing plywood to find out how it acts when the lumber, of veneer layers is changed, which types of glue are better, and what's the best technique for pressing the veneers together.

### Testing Ground for Wood Coating

The laboratory also is testing paints and other coatings for wood, is experimenting with chemical treatments of wood to make it fire-resistant...is even trying to develop what they term "wetter water" for fighting forest fires. This is accomplished by the use of various chemicals that reduce the surface tension of the water so that it soaks in much faster and more thoroughly than plain water.

The Forest Products Laboratory also is working in the improvement of prefabricated houses...preserving them against rot and termites, also testing the best kinds of paint and glue to use.

This doesn't cover all the work being done at the lab in Madison, but it gives you some idea of the benefits this research will bring to the householder.

PACIFIC MARKET PANORAMALos Angeles

BEST FRUIT BUYS.....Grapefruit (reasonable), loose pack oranges (reasonable),  
Pippin apples from Watsonville (reasonable)  
IN MODERATE SUPPLY.....Strawberries (lower), fancy oranges (fairly high), lemons,  
bananas, Northwestern apples (fairly high)  
IN LIGHT SUPPLY.....Pineapples (high), loquats, storage pears (high), avocados,  
(high), blackberries, limes (high)  
BEST VEGETABLE BUYS....Artichokes, lettuce, cabbage, asparagus, potatoes, onions  
IN MODERATE SUPPLY.....Tomatoes, carrots (slightly higher), cauliflower (slightly  
higher), bunched vegetables (reasonable), celery (lower),  
Italian and summer squash (lower), sweet potatoes  
IN LIGHT SUPPLY.....Snap beans (high), broccoli (high), eggplant, mushrooms  
and cucumbers (all high)

San Francisco

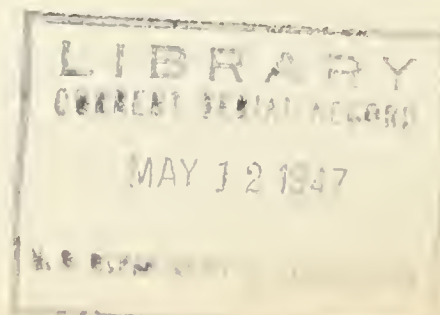
BEST FRUIT BUYS.....California Newtown apples, small to medium-sized oranges,  
grapefruit  
IN MODERATE SUPPLY.....Avocados, strawberries  
IN LIGHT SUPPLY.....Watermelons from Mexico, California cherries  
BEST VEGETABLE BUYS....Artichokes, carrots (slightly lower), green peas (slightly  
higher), cauliflower, squash  
IN MODERATE SUPPLY.....Celery, sweet potatoes, potatoes  
IN LIGHT SUPPLY.....Green corn, tomatoes (lower)

Portland

BEST FRUIT BUYS.....Grapefruit, small oranges  
IN MODERATE SUPPLY.....Avocados, lemons  
IN LIGHT SUPPLY.....Apples, bananas, strawberries  
BEST VEGETABLE BUYS....Artichokes, rhubarb, spinach, radishes, green onions,  
mustard greens, old crop onions.  
IN MODERATE SUPPLY.....Asparagus, old and new potatoes, cabbage, bunched carrots,  
lettuce, sweet potatoes  
IN LIGHT SUPPLY.....Cauliflower, celery, peas, tomatoes

Seattle

BEST FRUIT BUYS.....Oranges, lemons (lower), rhubarb  
IN MODERATE SUPPLY.....Grapefruit, avocados (high)  
IN LIGHT SUPPLY.....Apples, strawberries (slightly lower)  
BEST VEGETABLE BUYS....Cabbage, radishes, green onions, spinach  
IN MODERATE SUPPLY.....Cauliflower, carrots (higher), celery (lower)  
IN LIGHT SUPPLY.....Peas and tomatoes (higher)





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**Western Edition**

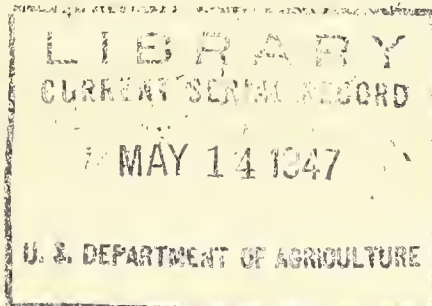


# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

May 2, 1947

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**U. S. Department of Agriculture**  
**Radio Service**

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.



### COTTAGE CHEESE CHAT

A welcome addition to the May plentiful food list is flaky, white cottage cheese, delicate in flavor, combining beautifully with other foods, and so high in protein value that it can be used as the main dish of a meal - when the serving is generous, of course. You doubtless have on hand many good ideas for using this fine food, which you can tell your listeners about. For your convenience, however, we're listing a few salad and sandwich suggestions from the food specialists of USDA.

#### Salads

Either cottage or cream cheese combines well with fruits, such as peaches, pears and cherries. Fill the hollows of canned peaches or pears with cheese, either plain or mixed with nuts or dried fruits, and serve on lettuce with salad dressing.

Make a mound of cheese on the lettuce, and put slices of peaches or pears around it. Or place a slice of canned pineapple on lettuce and put a big spoonful or a ball of cottage cheese in the center. Large canned cherries with the pits removed may be combined with the cheese.

Cottage cheese looks and tastes good combined with tomatoes...is specially delicious when it's seasoned, mixed with chopped onion or chives, and used for stuffing. Another way to combine the two is to arrange crisp lettuce on individual salad plates, make a mound of seasoned cottage cheese in the center, and place tomato in slices or quarters around the edges. Serve with salad dressing.

#### Cottage Cheese Simplicity Salad

Simplicity Salad is really simple to make, and is especially suitable for springtime luncheons and dinners. Here are the ingredients:

2 cups cottage cheese	2 teaspoons chopped pimiento
3 teaspoons chopped celery	$\frac{1}{2}$ teaspoon chopped onion
1 teaspoon chopped green pepper	1 tablespoon mayonnaise

Rub the mixing bowl with a cut clove of garlic, place cottage cheese in bowl, add finely chopped onion, and other vegetables chopped medium fine. Mix in mayonnaise, and serve salad on lettuce garnished with pickle. This quantity serves four.

(Continued on next page)

Sandwich Fillings

.. Wash prunes, dates, raisins, dried figs or apricots, chop fine, mix with about twice as much cottage cheese, add salt to season, also some chopped nuts, if desired.

.. Mix cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green or ripe olives, celery, green pepper, parsley, watercress, onion, or other salad vegetable, or with chopped nuts. Add salt to season.

.. Mix a few caraway or celery seeds with cottage cheese to give variety in flavor; add salt to season and enough cream to make the mixture easy to spread.

.. Cottage cheese mixed with peanut butter makes another delicious sandwich filling. It's good too, with bits of cooked bacon or ham mixed in.

Dessert Suggestions Next Week

These ideas may be helpful, and next week we'll give you a few dessert suggestions that incorporate cottage cheese.

FAT SUPPLY STILL SHORT

You're seeing more cooking and table fats and oils on the grocery shelves these days...and at prices less than they were a month ago. The marketing experts of USDA state that there is no fundamental change in the supply picture, however, and won't be much improvement in stocks until the new crops of cottonseed, peanuts and soybeans are marketed the latter part of the year.

Salvaged Fat Still Needed

The homemaker who's operating on a tight budget will certainly be wise to continue saving and re-using the fat she salvages from meat as shortening and seasoning in her cooking. You can help by occasionally featuring some of the fat salvage suggestions you doubtless have tucked away in your memory or your files. Remind her too that any surplus fat can be turned in to the meat dealer, to help out in the continuing shortage of industrial fats and oils. Incidentally, dealers almost everywhere are paying substantially more for this fat than during wartime.

### BANANA NOTES

In North America, a banana is a banana is a banana, to paraphrase Gertrude Stein. The one we know best is the Gros Michel, the large yellow tropical fruit we slice on the morning breakfast cereal, or make into salads and desserts...or sometimes just eat out of hand between meals. That, of course, presupposes we can get bananas...the wartime shortage still exists in many areas, as you know.

#### How Bananas Are Served in Latin America

In Latin America, however, the banana is a staple food which is served in dozens of different ways. Of course, many more varieties are used there...from 5 to 15 different types of banana, both ripe and green, appear in the picture. Bananas and plantains (which are near relatives) are baked, boiled, or fried, and served as a vegetable...sometimes as a substitute for potatoes and other starchy foods. Boiled, they often appear with beans, rice and tortillas. Sometimes they're peeled, sliced, fried in lard and salted...this way they look like French fried potatoes, but, of course, retain the banana flavor. Then there are the so-called "banana figs"...ripe bananas sliced and dried in the sun like raisins or figs. Green bananas and plantains also are powdered, and the powder used in making gruel, soups and puddings. Most of us are familiar with the dehydrated banana flakes which have been marketed in the United States in recent years...many groceries stock these regularly. Bananas appear in liquid form sometimes too...such alcoholic beverages as whiskey and wine have been made from this fruit.

Another use of bananas is as livestock feed...fruit rejected because of bruises or sub-standard quality is often used this way, particularly on large plantations in Central America. It's said that mules have learned to like bananas so well that nose baskets have to be used to keep them from mutilating the bunches when they're carrying bananas to railroad sidings for shipment.

#### Introducing Some Other Varieties

Maybe you'd like to know a little about some of the varieties widely used in the tropical Americas. There's the Claret, that handsome red banana which used to appear in North American markets occasionally, especially around the holiday season. The Lady Finger, sometimes called the Rose or Date banana, is one of the most delicious. It's a small, sweet fruit, from three to four inches long, with a thin skin.

(Continued on next page)



It bruises so easily that careful packing and handling are imperative. Then there's the Apple, with a flavor and odor somewhat like that of a mellow apple, and a rather granular texture. This also is a delicate fruit, difficult to ship without damage. Air transportation may, in time, bring some of these exotic and perishable varieties of banana to the United States, but the chances of finding them at the corner grocery are slight. We won't care so much, however, when we begin to see the old familiar Gros Michel in larger quantities.

#### Banana Imports Increasing.

Incidentally, it's good news that banana imports are increasing ...in 1946 we imported 51 million bunches, which is within 10% of the 57 million prewar average. In case you're wondering why bananas continued so hard to get last year, remember that our purchasing power has increased greatly since prewar days. It's estimated by USDA's marketing experts that we'd use at least one-third more than that 57 million average, if we could only get them.

#### FRESH CITRUS

The Naval orange season in California and Arizona is ending. So, practically all the oranges you'll see at markets soon will be Valencias, and there'll be plenty in the months ahead. The immediate supply will be coming both from the Florida and the California-Arizona areas. Florida orange shipments will end in June, and the western producing areas will take care of the Nation's fresh orange needs until early varieties move from Florida again in the fall.

There'll also be generous offerings of fresh grapefruit until well into June. The total U.S. crop (from Florida, Texas, California and Arizona) is slightly under that of a year ago, due to the freezing weather in Florida in February. But there is more of the crop to be moved to market from all areas than at this date last year.

#### On Hot Days -- Serve Lemonade

You can be assured of plenty of lemonade this summer. The 1946-47 lemon crop is slightly larger than that of a year ago and the movement of this fruit to market has been a bit slow so far this year. This means more lemons in storage and on the trees for summer selling.

#### LAST CALL ON NHD WEEK

Don't forget...May 4 to 11 is the second annual National Home Demonstration Week. We've given you considerable information about observances planned in various parts of the country, and hope that a number of you have arranged special program features for this week. If you need any further help or information, contact your state or county home demonstration workers, or your state extension editor.

## RAISIN REVIEW

Another of those "weeks" is on the way -- according to reports from the dried fruit industry, the week from May 11 to 17 will be known as National Raisin Week. During that period you may like to call special attention to the use of raisins, so here are a few facts you may find helpful.

### Supply Larger This Year

In the first place, USDA's marketing specialists report there are many more raisins on hand this spring than for the past few years. Supplies are far bigger than at this time in any year since the war started. They report too that wholesale prices are down 25 percent to 30 percent from the beginning of the season in October 1946. Most of the raisins offered are the Thompson seedless, the luscious dark natural sun-dried raisins...the quality good.

And here's a brief refresher course on the nutrition angle... raisins are a good source of iron, contain fair amounts of other minerals and B vitamins, and are high in natural fruit sugars.

### How to Rejuvenate Raisins

Different types of raisins can be used almost interchangeably, but the seedless variety is generally preferred for salads and fruit cups. Here's a hint about plumping seedless raisins which may have stood on the pantry shelf until they're a bit hard and dry. Rinse them in boiling water, drain, spread in a shallow pan, and place them in a moderately hot oven until they're puffed...10 to 15 minutes is enough. Raisins can also be plumped by steaming them in a colander or strainer in a covered saucepan. This added moisture cuts down their keepability, however, so it's best to plump them only as they're to be used.

Speaking of salads...you might like to suggest that delicious combination of shredded cabbage, diced apple, and raisins, served with salad dressing or lemon juice on a bed of greens.

## PRO'S AND CON'S OF NEW EQUIPMENT

The household equipment specialists of the U.S. Department of Agriculture have been checking and testing some of the new appliances coming onto the market these days, and we believe that the homemakers in your audience will be interested to hear some of their comments on various features.

(Continued on next page)



## Washing Machines

Here's a note to add to the shopping tips on the new washers which we gave you in the April 18th issue of RADIO ROUNDUP. The spinner washing machine is regarded as safer than the wringer. Actually, of course, it isn't the wringer that's unsafe...the trouble is that people don't always use it properly. The spinner has other advantages, however. There's less danger of buckles, hooks and zippers being damaged, or of buttons being torn off. It leaves the clothes less wrinkled too, and is better for such things as blankets and pillows. Of course, if the shopper selects an automatic washer, there's no question, because at present all automatics have spinners.

There's one talking point for the wringer...the heavy, water-laden clothes don't have to be lifted from the washing tub. One end or corner of the clothes can be started through the wringer, and it will do the lifting. The buyer of a wringer type machine should be sure that the emergency release is within easy reach from any position at the machine, and that it will work easily.

## Irons

The experts have been trying out some of the new electric irons too, specifically the cordless iron and the steam iron. The cordless iron, as you probably know, operates on the same principle as the old flatiron, but there's where the resemblance stops. It gets its heat from an electric stand, and heats very fast. In case you're wondering whether the cordless iron will satisfy people who are fast ironers, the experts say it probably will. The iron heats so quickly that it would take a speed demon to keep ahead of it.

As for the steam iron...this has been found excellent for ironing light goods and for pressing...particularly useful to the woman who sews a lot and makes over clothes. The shopper should look for a temperature control with this iron, and also find out whether it contains aluminum wool. This will prevent vapor bubbles so that the water won't be blown out through the steam vent. Furthermore, aluminum wool will absorb any salt deposits from hard water, and keep them from coating the bottom inner surface of the iron and cutting down on the steam.

## Home Freezers

The specialists urge that every family considering a home freezer analyze carefully what they want to do with it before making a choice. Some are made for freezing and storing, some for freezing only. Many families who've bought home freezers complain that they didn't choose a large enough size...they just didn't realize the possibilities for freezing pre-cooked food, left-overs, for storing ice cream, and so forth.

In comparing the chest-type or the upright model, the household equipment people found that it's harder to utilize all the space in the vertical type because of fitting the packages in tightly up to the shelves. Also packages of food tend to slip out of the vertical freezer. One advantage is that this type takes up less floor space than the chest model...but remember that enough room has to be left to swing the door open.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Oranges (choice grade loose pack), lemons, grapefruit, strawberries  
 IN MODERATE SUPPLY....Bananas, apples (Pippins), avocados (higher)  
 IN LIGHT SUPPLY.....Blackberries, pears (Winter Nelis and D'Anjou), loquats, cherries, watermelons  
 BEST VEGETABLE BUYS...Artichokes, cabbage, onions, most bunched vegetables, cauliflower.  
 IN MODERATE SUPPLY....Tomatoes (fairly high yet), celery, sweet potatoes, carrots (higher), potatoes (new crop long whites and Russets lettuce, asparagus, Bell peppers, white summer and Italian squash  
 IN LIGHT SUPPLY.....Beans, peas and corn (high)

San Francisco

BEST FRUIT BUYS.....California Newtown apples, grapefruit, strawberries  
 IN MODERATE SUPPLY....Oranges, pears  
 BEST VEGETABLE BUYS...Artichokes (higher), asparagus, cabbage, cauliflower, lettuce, peas, new potatoes  
 IN MODERATE SUPPLY....Broccoli, celery, eggplant, squash, sweet potatoes,  
 IN LIGHT SUPPLY.....Yellow corn

Portland

BEST FRUIT BUYS.....Grapefruit, small oranges  
 IN MODERATE SUPPLY....Oranges (slightly higher), avocados (slightly higher), lemons (slightly higher)  
 IN LIGHT SUPPLY.....Strawberries, cantaloups, watermelons  
 BEST VEGETABLE BUYS...Onions, potatoes, asparagus, spinach  
 IN MODERATE SUPPLY....Cauliflower, cabbage, eggplant, bunched carrots, lettuce, celery, rhubarb, green onions  
 IN LIGHT SUPPLY.....Tomatoes, artichokes

Seattle

BEST FRUIT BUYS.....Arizona grapefruit, small oranges  
 IN MODERATE SUPPLY....Avocados, oranges, Texas pink grapefruit, lemons  
 IN LIGHT SUPPLY.....Apples, strawberries, white Texas grapefruit, pears, bananas  
 BEST VEGETABLE BUYS...Asparagus, rhubarb, packed carrots, spinach, bunched radishes, green onions, parsley  
 IN MODERATE SUPPLY....Cabbage, bunched carrots, celery, new crop onions  
 IN LIGHT SUPPLY.....Summer squash, peas, tomatoes, cucumbers



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**Western Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

May 9, 1947

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U. S. Department of Agriculture  
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## COTTAGE CHEESE DESSERTS

We promised you a dessert recipe featuring cottage cheese, one of the foods added to the plentiful food list for May. Well, here's one that combines two of the foods on this list...cottage cheese and prunes. It's called Cottage Cheese Prune Whip, is simple to construct, and should be fine for topping off warm-weather luncheons and dinners.

### Cottage Cheese Prune Whip

1 cup pitted cocked prunes	2 egg whites
1 tablespoon lemon juice	$\frac{1}{4}$ cup sugar
1 cup cottage cheese	Few grains salt

Combine prunes, lemon juice, unbeaten egg whites, sugar and salt, and beat with a rotary egg beater until mixture will stand in peaks. Fold in the cottage cheese, heap in dessert dishes. Do not let stand long before serving. This will serve six.

And here's a molded cottage cheese salad that's glamorous enough for the dessert course, and after a hearty meal, this would be more welcome to many people than a heavy dessert. It brings strawberries into the picture, and you may want to check local supplies before you feature it. However, it will make a pint box go far enough to serve six people. When the individual red and white molds are presented on a bed of green lettuce, it's really something to see as well as something delicious to eat.

### Molded Strawberry Cheese Salad

1 $\frac{1}{4}$ teaspoons gelatine	2 cups cottage cheese
2 $\frac{1}{2}$ tablespoons cold water	1 pint strawberries
lettuce or other greens	

Sprinkle the gelatine over the cold water and dissolve over hot water. Add to the cottage cheese and mix well. Add a few grains of salt if desired. Slice one cup of the berries, fold into the cheese, and place in 6 individual molds which have been rinsed with cold water. Chill, and when firm unmold on lettuce. Garnish with remaining strawberries, sliced or quartered, and sweetened if desired. Top with mayonnaise.



### BREAKFAST BUILD-UP

This is the time of year when some people start cutting down on breakfast...the warmer weather sometimes makes appetites a bit finicky. Therefore, it's a good idea for the meal-planner to take a little extra pains with the first meal of the day...make it as attractive as possible. You can help by suggesting some interesting breakfast menus, making good use of the fresh fruits available...also of foods included on the plentiful list.

#### Breakfast Requirements

The nutrition specialists of USDA point out that it's sound health planning to have one-fourth to one-third of the day's food at breakfast. That's the best time to make sure of some vitamin C-rich food, such as strawberries, cantaloupe, citrus fruit, or tomato juice. Cereals, bread and fats are mainstays for energy. Cereals also provide protein, and the whole-grain and enriched varieties have added values in B vitamins and minerals. Milk is fine for breakfast, because of its calcium and other nutrients. Eggs, lean meats and fish can provide additional protein for body building and repair.

And from a budget point of view, it's well to keep breakfast an important meal. If a person skips this morning meal, he must get the daily nutrients required for good health at lunch and dinner...and the foods generally served at these other meals are likely to be more expensive.

#### Some Definitions

Incidentally...do you know the difference between foods that are enriched, restored and fortified? These terms all indicate an improvement of some kind, of course, and you may like a reminder of the exact meaning of each word

Enrichment is the addition of certain food value to bread and flour...iron and the B vitamins...niacin, thiamine and riboflavin. During the war, war food order No. 1 required the addition of these elements to all baker's white bread and rolls. Many bakers also voluntarily added calcium and vitamin D. while this war food order is no longer in effect, some states have passed laws requiring enrichment of all white flour and white bread sold within their borders. Otherwise it is optional on the part of millers and bakers. The shopper who wants to be sure about this should read the labels.

Restored Food has had certain nutrients lost in processing put back into it. Some breakfast cereals, for instance, are restored to whole grain levels by adding thiamine, niacin and iron.

Fortified Food has had nutritive values added which were not originally present. For example...margarine is fortified by the addition of vitamin A, milk, by the addition of vitamin D. Rice and some other cereals also are fortified or restored.

### TOMATO JUICE TIPS

With canned tomato juice on the list of plentiful foods for May, it's a good time to review some of the suggestions made in Round-Up more than a year ago regarding the use of tomato juice in place of canned tomatoes. If you still have in your files the issue of February 8, 1946, you may like to refer to the story "Tomato Juice VS Tomatoes." In case you don't have this information handy, however, here's a brief resume.

#### Substituting Tomato Juice for Canned Tomatoes

Food specialists of USDA tell us that tomato juice can replace tomatoes successfully in a soup, sauce, or baked dish, provided large pieces of tomato aren't important to the looks and flavor of the food when served. As a general rule, juice can be used, measure for measure, in recipes where tomatoes are called for. Be careful about further seasoning when making this substitution, however, as commercially canned juice often contains spices as well as salt. Therefore, it may be necessary to add seasoning with a light hand.

Now that salad days are here again, you might like to suggest to your listening homemakers a cool and delicious tomato jelly salad using tomato juice.

#### Tomato Jelly Salad

Soften 1 tablespoon plain gelatin in  $\frac{1}{4}$  cup cold water. Simmer 2 cups of tomato juice for about 10 minutes with 1 tablespoon minced onion and half of a small bay leaf. Add to gelatin and stir until gelatin is dissolved. Season to taste with a bit of sugar, salt, pepper, and lemon juice. Pour into a mold or pan rinsed in cold water and chill until firm. If you want to make it a salad with more substance, add  $\frac{1}{2}$  cup each of finely chopped cucumber and celery when the gelatin mixture begins to stiffen. Serve the salad with dressing on lettuce or other salad greens. This recipe is enough for six.

### FIGHT FLIES EARLY

The fight against flies is beginning early this year, with a nationwide drive to control these dangerous pests. Entomologists of the U.S. Department of Agriculture state that DDT is the most effective weapon in this fight...especially when it's applied as a residual spray to walls and surfaces on which the insects alight and crawl. The residual sprays dry and leave DDT deposits on the surfaces sprayed, and these continue to kill insects for weeks, sometimes even for months afterward. The most effective spray for this purpose is a solution containing approximately 5 percent of technical DDT.



### STRAWBERRY SUPPLY STORY

The time has come for the annual argument about strawberry short-cake but whether you belong to the spongecake school, or are ready to do battle for biscuits, you'll be glad to hear the good news that strawberry shipments are now on the increase all over the Western area. Unfavorable weather conditions have been curtailing shipments, but now the marketing specialists of USDA report supplies are moving into the West from Louisiana, Arizona and California.

The strawberry...described scientifically as a juicy, edible, usually red fruit of any species of fragaria...has given its name to several other fruits. There's the strawberry tomato, or ground cherry, strawberry peach, rhubarb, guava, pear, and believe it or not..... the strawberry raspberry. The last-named is cultivated mostly for decorative purposes...it's described as having handsome foliage, large white flowers and showy red but insipid fruit. The strawberry guava is a subtropical shrub or small tree with a dark-crimson fruit, said to be highly esteemed for use either fresh or preserved. We feel sure, however, that not even the strawberry guava can begin to approach the cool deliciousness...the subtle flavor...the juicy luciousness of the red, ripe strawberry we know so well.

### GARDENS NEED BOTH DUST AND SPRAY

Here's some information from the garden specialists of USDA, for your garden files. If you are asked any questions about the relative merits of dust and spray fungicides, here's the answer: it usually depends on the fungus to be controlled. Spraying is an effective check in some cases, dusting in others...sometimes either dust or spray may be used. Dust has the advantage of being easy to prepare and apply, but spray is often preferable because it sticks to the plants better than dust and can be applied even when light winds are blowing.

Remember too...in a small garden a little fungicide will go a long way. From 2 to 3 ounces of the dust mixture, or from 1 to 2 quarts of liquid will provide treatment for 50 feet of plants of medium size, such as beans. Full grown tomato plants will require more.

### Here Are a Few Specific Recommendations

For treating anthracnose in beans, tomatoes, cantaloupes and peppers, the specialists recommend sprays of commercial compounds, such as zerlate, fermate, or dithane. Dusting or ordinary sulfur may be used to check rust and powdery mildew of beans. Don't use sulfur dust on cucumbers or melons, however, as it damages these crops. Copper fungicides, either bordeaux mixture or one of the "fixed" copper compounds, are used either as dust or spray to control blight in tomatoes and potatoes.

# THE MOTH MENACE

This is the season when most homemakers are coming face to face with the clothes moth problem. Here's some general information about moths and their control, directly from the entomologists of the U. S. Department of Agriculture, which you may like to give your listeners. It answers some of the questions almost everybody asks about moths.... destroys a few pet theories, but gives some helpful tips too.

Dry Cleaning: Dry cleaning kills all forms of moths present at the time of treatment, but doesn't impart moth resistance.

Washing: Washing in a strong solution of neutral soap kills all moths, but doesn't protect against reinfestation.

Paper & Paper Bags: If clothing, just dry-cleaned or washed, is wrapped in paper bundles, with the edges well folded back or sealed carefully, it will remain free from moths indefinitely, if the paper isn't broken. Sealing in unbroken hatboxes or other such boxes will accomplish the same result. It's a good idea to add some flake naphthaline to destroy any moths which may have sneaked into the clothes before wrapping.

As for those paper garment bags...the same is true. The clothing must be clean, free from moths, the bag unbroken, tightly closed and sealed, or there's no real protection. The smell of cedar or pine oil in the bag won't keep moths out...neither does the printer's ink on newspaper have any protective value.

Cardboard Closets: These are of doubtful value...many are worthless. If they're very tight, they give about the same protection as paper garment bags.

Cedar-Lined Closets & Cedar Chests: The cedar-lined closets as ordinarily installed in the average home cannot be depended upon for protection from moths.

There is a cedar chest which gives protection from moth attack, provided it's tight and in good condition, and provided the clothing is freed from the larger moth larvae before it's placed in the chest. This is a chest of red cedar made of 3/4 inch heartwood to the extent of 70 percent of the chest proper. Chests of neutral woods lined with a thin cedar veneer are not dependable. However, cedar chests may be veneered on the outside with such hardwoods as walnut or mahogany without affecting their value as moth protectors.

Sunning and Brushing: Woolen garments kept in closets all summer should be frequently sunned and brushed. The soft eggs are easily crushed or dislodged by thorough brushing. Pay particular attention to all seams, pockets, etc. Moths cannot stand bright sun. Larvae drop to the ground from clothing left hanging in the sun on the line, especially if there are no folds in which they can find protection from the light.



Cold Storage and Fumigable Storage: Both cold storage and fumigable commercial storage are excellent for protection of furs, clothing, rugs, furniture, and other articles from moth injury.

Moth Resistant Solutions: USDA entomologists consider fabric or clothing treatments very important, though they know of no solution that gives permanent and absolute protection under all circumstances. Tests show that fabrics dipped in solutions of fluorine compounds at the factory are protected for some time, and the effectiveness lasts through several dry cleanings. Certain fluorine solutions for treating clothes at home may be purchased. The experts recommend following the directions on the container, but urge that particular attention be paid to spraying along the folds, seams, pockets, and under lapels. They warn against using any solution containing arsenic on clothing or anything that may come in contact with the skin.

As for DDT... Tests are still being made to obtain the information required for definite recommendation. However, it's been found that a 5 percent solution in deodorized kerosene may be sprayed on closet walls, floors or other surfaces. This will leave a DDT residue which will be effective for some time in killing the moths that land on the treated surface. This solution, sprayed on clothing or other fabrics, will help control moth damage. Warning: don't use it near fire. Wash your hands when you're through spraying. Don't spray dark woollens with DDT solution ...it leaves a light residue.

#### HEM-LINE HINTS

A problem many women are up against these days is that of letting down skirt hems...now that we're wearing them a bit longer again. You may like to pass along to your listeners a couple of suggestions from the clothing specialists of USDA which will help in solving that problem.

If it's a wool skirt that's being let down, and the fabric is shiny on the underside of the hem, rip the hem and steam-press it on the wrong side of the fabric...that is, if the wool is light-weight or has a raised pattern in the weave. If it's thick wool, steam-pressing on the right side may be more effective. To steam-press, cover the fabric with a dry wool pressing cloth, then with a cotton cloth dampened in warm water. Using a warm iron, set it down, then lift it...don't slide it back and forth. If the shine still shows after all this, here's another trick. Take a clean brush or a rubber sponge, the kind used for suede shoes, and try raising the nap of the wool with it.

The steam-pressing described above may also work with acetate rayon which is shiny on the underside of the hem. If the shine can't be removed, however, the lengthening may have to be accomplished in some other way.

And here's a method that will often help to overcome a conspicuous hem crease. Try wetting the crease line on the wrong side, then turning the goods over on the right side and rolling the crease back and forth in the fingers to work it out. Press on the wrong side afterwards.

## PACIFIC MARKET PANORAMA

## Los Angeles

BEST FRUIT BUYS.....Watsonville Pippin apples, grapefruit (fairly low)  
IN MODERATE SUPPLY....Cherries, strawberries, fancy packed Navel oranges  
(fairly high), loose packed lower grade oranges (reasonable),  
lemons, bananas  
IN LIGHT SUPPLY.....Early apricots (high), pineapples (high), Mexican  
watermelons (high), Imperial Valley cantaloups (high),  
storage pears, blackberries and youngberries (high),  
loquats, figs, Fuerte avocados (high)  
BEST VEGETABLE BUYS...Cabbage, new-crop white Rose potatoes (lower), new-crop  
onions, carrots (slightly lower), white summer and  
Italian squash (slightly lower)  
IN MODERATE SUPPLY....Lettuce and tomatoes (higher), corn (fairly high), celery  
(fairly high on good quality), peas, cauliflower (slightly  
higher), sweet potatoes, eggplant (considerably lower)  
IN LIGHT SUPPLY.....Old-crop Russet potatoes, old-crop onions, artichokes  
(considerably higher), cucumbers (high), peppers (high)

San Francisco

BEST FRUIT BUYS..... California Newtown apples, grapefruit, oranges  
IN MODERATE SUPPLY....Cherries  
IN LIGHT SUPPLY.....Cantaloups and honeyball melons from Imperial Valley  
BEST VEGETABLE BUYS...Artichokes, asparagus (lower), carrots (lower), lettuce,  
peas (lower), Italian and summer squash (lower), new pota-  
toes (lower)  
IN MODERATE SUPPLY....Celery, eggplant (lower), sweet potatoes, corn

Portland

BEST FRUIT BUYS.....Arizona and Coachella grapefruit, small oranges  
IN MODERATE SUPPLY....Avocados, pink grapefruit, strawberries, lemons  
IN LIGHT SUPPLY.....Ruby red grapefruit, bananas, apples, pears  
BEST VEGETABLE BUYS..Asparagus, peas, potatoes, rhubarb, spinach, bunched  
green onions, radishes  
IN MODERATE SUPPLY...Cabbage, bunched carrots, lettuce, onions, tomatoes, sweet  
potatoes, bunched beets and turnips  
IN LIGHT SUPPLY.....Artichokes, beans, celery, cucumbers, eggplant, peppers,  
broccoli

Seattle

BEST FRUIT BUYS..... California and Arizona white grapefruit, Texas pink  
small grapefruit, lemons (lower)  
IN MODERATE SUPPLY....Avocados (slightly higher), oranges  
IN LIGHT SUPPLY.....Apples, cherries, bananas  
BEST VEGETABLE BUYS...Green onions, local asparagus, carrots, peas (slightly  
lower)  
IN MODERATE SUPPLY....Celery and California long white potatoes (slightly lower)  
IN LIGHT SUPPLY.....Cauliflower (slightly lower), Texas red potatoes (higher)



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**Western Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

May 16, 1947

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- SERVING SOME PLENTIFULS - Recipe suggestions for beets, carrots  
and cottage cheese ..... Page 2
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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

### JUNE PLENTIFULS

The plentiful food list for June gives feature billing to canned foods. The following canned items are expected to be in generous supply throughout the greater part of the country: carrots, beets, peas, (standard grade), tomato juice, citrus juice and grapefruit segments. Sauerkraut, both in cans and bulk, also is on the June list; so are dried peaches and prunes, (especially the smaller sizes), peanut butter, cottage cheese, potatoes, fresh oranges and grapefruit.

#### Canned Beets and Carrots Recent Addition

The only new foods added since the May list are canned beets and carrots, and you might like to know the reason. The packs of these two vegetables were increased during the war to more than double the prewar average, largely because of the demand from the armed forces. The 1946-47 packs of these items, especially beets, were reduced. Furthermore the prices, particularly for diced vegetables, have gone down since last fall. However, the movement into retail channels has been less than the canners expected, and as a result, stocks are much larger than a year ago.

While they're not on the plentiful list, frozen vegetables are available in much larger supply than in recent years, especially frozen spinach and peas. There have been considerable price reductions in these foods in many parts of the country. (Refer to RADIO ROUNDUP April 18, "Frozen Food Bargains.")

### SERVING SOME PLENTIFULS

A few suggestions for serving some of the foods on the June list of plentifuls may be helpful to your listeners. As you know, the canned vegetables can be adapted to recipes which call for cooked vegetables. First, let's consider the new items added for June...

#### Canned Beets and Carrots

These can be quickly and easily prepared for serving at luncheon or dinner, or can be combined with other canned or fresh vegetables. They're both colorful and delicious additions to the vegetable plate, or to the salad plate which is especially attractive for summertime menus. And don't overlook the carryover from the May list of plentifuls, which will make them a fine threesome...canned peas. In addition to the simple vegetable salad, there's the attractive jellied affair you can prepare with plain gelatine. An especially good beet salad can be made from chopped beets and chopped hard-cooked eggs, served on lettuce with a flavorful dressing.

(Continued on next page)



Served as the vegetable course at mealtime, there are a number of interesting things to do with these canned vegetables. It's easy to prepare beets in the style that makes them eligible to be called Harvard Beets. Here's a simple recipe:

#### Harvard Beets

1 tablespoon cornstarch	$\frac{1}{4}$ cup vinegar
or 2 tablespoons flour	$\frac{1}{4}$ cup water
2 or 4 tablespoons sugar	2 tablespoons fat
$\frac{1}{2}$ teaspoon salt	3 cups cooked beets, sliced

Mix cornstarch or flour, sugar and salt. Add vinegar and water and boil 5 minutes, stirring constantly. Add the fat and the beets, and let stand until the sauce becomes red. Reheat if necessary.

When it comes to carrots, they can be combined with green vegetables, such as peas, in very attractive style. Or they can be made into a Carrot Scallop, which makes them something very special. In case you'd like to pass the directions along, here's how to make:

#### Carrot Scallop

Arrange 3 cups of sliced cooked carrots in a baking dish. Pour over them 2 cups of thin white sauce. Sprinkle with a mixture of bread crumbs and grated cheese, if desired. Bake in a moderately hot oven (375 F.) 20 minutes, or until browned.

#### Another Cottage Cheese Idea

And in case you'd like another cottage cheese idea, here's something a bit out of the ordinary to add to the recipes we've given you recently. It's a delicious sauce to serve with salmon or tuna, to pour over boiled or baked potatoes, or over buttered toast. The ingredients follow:

#### Cottage Cheese Sauce

2 cups milk	8 young onions
2 tablespoons cornstarch	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup cottage cheese	$\frac{1}{8}$ teaspoon each of paprika and curry powder

Heat the milk in the top of a double boiler. Mix cornstarch in a small amount of cold milk and add to that in the double boiler, stirring constantly. Chop the onions fine, including some of the green tops, and add these, together with the cottage cheese, to the sauce. Add seasonings last.

### KEEPING SUGAR ON THE MOVE

Consumers who use sugar stamp No. 11 at once can help greatly in aiding smooth distribution of sugar and in relieving a tough transportation problem which the estimated billion bushel winter wheat crop may cause. While the nation's sugar supply for the year remains unchanged from the previously announced 6,800,000 tons, the distribution problem is something else again. In another month or so there won't be enough box cars to do a good job of moving sugar and wheat at the same time.

#### Spare Stamp No. 12 Valid June 1

To enable sugar supplies to move while railroad transportation is available, housewives and industrial users will be permitted to buy sugar in advance of the customary rationing date. A second 10-pound stamp for consumers ... No. 12 ... will be validated June 1 instead of July 1. This stamp must last until October 31. Stamp No. 11 will be good until October 31 also. Industrial users are getting their next quarter's sugar date moved up and inventory restrictions relaxed.

Much of the sugar used in this country is brought from Hawaii, Puerto Rico and Cuba. In fact, Cuba will furnish about half of our supply for 1947. Large quantities of this sugar must be brought into this country during the heavy Cuban production season, from February through May, each year. A great deal is coming into the United States right now. At present, it can be moved to places where it will be needed. Later on, the movement of the projected billion-bushel winter wheat crop would interfere with the sugar movement and at a time when sugar demand is heaviest for home and commercial canning, ice cream and soft drink manufacture.

#### Cash In Stamp Now to Avoid Development of Local Shortages

Apparently many household and industrial users, finding supplies available at present, are postponing buying. This, together with the heavy import movement, is creating a temporary surplus in the hands of distributors. A last minute rush to cash unused sugar ration coupons when transportation facilities are overtaxed with the movement of other commodities could result in the development of local shortages.

Store keepers, as with homemakers also, have to turn in ration evidence to replace their sugar stocks. If they are delayed in placing their sugar orders because homemakers delay in cashing ration stamps, replacement sugar shipments may be slowed down. The homemaker who cashes her sugar ration coupons now will be sure of sugar for the present household use...with some "put by" for later canning.



## SUPPLIES FOR HOME CANNING

Homemakers making food preservation plans will be interested in the supply situation as regards home canning equipment. It looks now as though there will be enough glass jars, both pint and quart sizes. More natural rubber is being made available to manufacturers of closures, so no shortage of rubber rings or self-sealing jar tops is anticipated.

### Information on Pressure Canners and Tin Cans

Makers of pressure canners are turning out both 7 and 14 quart canners as fast as they can get raw materials. The bottleneck in supply is the availability of supplies. Since there probably won't be enough pressure canners for all who want them, homemakers should place their orders early. There may be spot shortages of tin cans. Dealers will purchase enough tin containers to cover the sales they expect to make. When these are gone, they probably won't buy more unless there's a demand. Therefore, if the home canner waits until the last moment to buy these supplies, she's likely to suffer some inconvenience if the dealer is then out of stock.

Another bit of advice...and we've mentioned this before...those who have pressure canners should have the gauges checked without delay. This should be a yearly proceeding, and can be done by the dealer, the manufacturer of the canner, or by the County Home Demonstration Agent.

Where canning is to be done in tin cans, now is the time to check over the sealing machine to see whether any of the parts need to be replaced.

### Community Canning Centers Operate Again

Community canning centers will be operating on much the same scale as last year...when there were about 6,000 in operation throughout the country. Reports indicate that many centers have added new processing equipment. Patrons of community canning centers have discovered the ease and economy of canning where good equipment and supervision are available. If you're not familiar with the location of a center near you, contact the state office of USDA's Production and Marketing Administration, or the vocational agricultural or homemaking teacher in your local high school.

## NEW FOOD COATING

Have you heard about the new coating for sausage and other meat and food products? It's a protective film of good strength, but is so tender it dissolves on food that's boiled... or can be eaten right along with the meat if it's fried or roasted. This new food covering is made from waste products...citrus peel or other fruit and vegetable wastes, and the process is one that's simple and easily controlled.

(Continued on next page)

Scientists of USDA's Western Regional Research Laboratory at Albany, California, have developed this new film, and the announcement was made very recently before the Food Industries Advisory Committee at Sky Top, Pennsylvania. They say it's definitely promising as a coating material for a number of foods, including fruits and vegetables, has many potential uses, and may be easily made on a commercial scale.

### ROSE POINTS

Whether you gather your rosebuds from the garden or pluck them out of a florist's box, here's some information from USDA plant scientists which will interest you. They offer some tips which will help cut roses to live a longer life, thus prolonging the enjoyment of these beautiful blooms...tips you'll want to pass along to your listeners.

#### Cut in Late Afternoon

Let's say you're cutting roses from the garden. Believe it or not, those gathered in the late afternoon...about 5 o'clock, say...keep longer than the buds cut in the early morning. The plant scientists explain that this is probably because there are more carbohydrates in the leaves and stems at the end of a sunny day.

#### Cut on the Slant With a Knife

Then...there's a special way of cutting the stems...with a long slant to the cut. This means that the cut surface, through which the water is absorbed, won't be closed off if the end of the stem presses against the bottom of the vase. And it's better to use a sharp knife rather than shears for cutting roses, since a smooth-cut surface lets the water flow into the stem easily. Another thing...most of the water is absorbed at the base of the stem; very little goes in through the leaves. For this reason, there's no particular advantage in plunging roses up to their necks in water. As a matter of fact, it's better to remove the leaves on the lower part of the stem, since they decay in the water. This promotes the growth of bacteria, which plug up the tubes and cause the flowers to wilt for lack of water.

#### Keep Them Cool for Several Hours

That's the first step in conditioning roses...getting the bloom full of water. The second step is putting the vase in a cool place, such as the refrigerator, for several hours or overnight, immediately after the flowers are cut.

And answering the question most people have, as to whether certain chemicals...aspirin and quinine, for instance...help in keeping roses fresh longer...the scientists say that tests do not show these to be noticeably effective.



## FARM WORK FOR YOUTH

Any day now you may be asked to give some air time to the Farm Labor Program...specifically to encouraging young people of school age to volunteer for summer jobs on farms. While the farm labor shortage isn't serious, as it was during wartime, farmers still need the help those boys and girls can give. There won't be any national campaign, as there was for the Victory Farm Volunteers, but when local needs arise, your station probably will be asked to make some appeals for help. Here are a few facts about the situation which you may like to have as background material.

### Expectation of Record Crops

American farmers are expected to produce near-record crops in 1947. The demand for food in the United States is greater than before the war, and as you know, there's still a desperate need for American food in other parts of the world. Farmers are still up against industry's competition for labor...and the higher wages offered by industry. All this explains why they're looking to the young folks again this year to help get the crops in.

You probably know that the farm work program for town and city youths is sponsored by the Extension Service of the U.S. Department of Agriculture. The Agricultural Extension Service of the state agricultural colleges is in charge in each state, and the county agricultural agent takes the responsibility for young people working on farms in his county. Naturally, the boys and girls work under direct supervision of the farmer.

### Farm Job Advantages

From the standpoint of the young people themselves, there are many advantages to a farm job, in addition to the money earned. That, incidentally, will be the prevailing wage for youth, according to experience. It's hard work, but not too difficult for teen-age boys and girls, and teaches them many valuable lessons, both in taking directions and assuming responsibility. The outdoor physical activity will be beneficial too...and it won't all be work, of course. There's likely to be swimming, picnics, possibly the county fair or field day, in addition to the usual social life of the community.

Those who want detailed information can get it from the local school principal or the county agricultural agent.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Loose packed oranges, lemons (slightly lower), grapefruit (reasonable)  
 IN MODERATE SUPPLY...Watsonville Pippin apples, strawberries (rather high), fancy Navel oranges, cherries (fairly high), bananas  
 IN LIGHT SUPPLY.....Storage apples, Valencia oranges, storage pears, pineapples (high), limes (high), apricots (high), youngberries, blackberries, red raspberries, and loganberries (all fairly high), Fuerte avocados (high), watermelons (high), loquats  
 BEST VEGETABLE BUYS..Tomatoes (lower), cabbage (higher), potatoes, new crop onions, eggplant (reasonable)  
 IN MODERATE SUPPLY...Corn (lower), lettuce (high), cucumbers (lower), asparagus (fairly high), bunched vegetables (reasonable)  
 IN LIGHT SUPPLY.....Snap beans (high), broccoli (high), celery (high), peppers (high), artichokes (high), cauliflower (higher), sweet potatoes

San Francisco

FRUIT IN  
 MODERATE SUPPLY.....California Newtown apples, strawberries, citrus fruits, cherries (slightly lower)  
 BEST VEGETABLE BUYS..Artichokes, asparagus, carrots, eggplant, lettuce, new potatoes  
 IN MODERATE SUPPLY...Golden corn, cucumbers, new white and yellow onions, peas, tomatoes (lower)

Portland

BEST FRUIT BUYS.....Arizona and California grapefruit, small oranges, strawberries  
 IN MODERATE SUPPLY...Pink grapefruit, lemons, oranges, gooseberries  
 IN LIGHT SUPPLY.....Apples, avocados, bananas, cantaloups, cherries, watermelons  
 BEST VEGETABLE BUYS..Asparagus, lettuce, new crop onions, potatoes, spinach, rhubarb, bunched green onions  
 IN MODERATE SUPPLY...Cauliflower, old crop onions, peas, old crop potatoes, tomatoes, bunched greens, sweet potatoes  
 IN LIGHT SUPPLY.....Artichokes, beans, bunched carrots, celery, corn, eggplant, summer squash

Seattle

BEST FRUIT BUYS.....California and Arizona grapefruit, small oranges (lower)  
 IN MODERATE SUPPLY...Avocados, lemons  
 IN LIGHT SUPPLY.....Apples, bananas, cherries, strawberries, boysenberries, cantaloups  
 BEST VEGETABLE BUYS..Asparagus, head lettuce, green peas, spinach, mustard greens (lower), bunched radishes and green onions (higher), new crop onions  
 IN MODERATE SUPPLY...Celery (higher), tomatoes (lower), sweet potatoes  
 IN LIGHT SUPPLY.....Corn, snap beans, artichokes, eggplant



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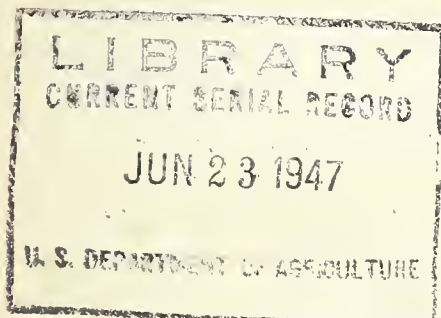
Western Edition

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

May 23, 1947

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U. S. Department of Agriculture  
Radio Service

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Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

## COOK AND FREEZE

We're hearing more and more about freezing pre-cooked food at home, and as time goes on, as more home freezers come into use, and as homemakers learn how convenient it can be to have a whole meal cooked and ready in the freezer, it's likely to become a common practice. Many of your listeners are sure to be interested...some of them may already have asked you questions about it. Therefore, we're giving you some tips from the food specialists working in various state experiment stations designed to help the person freezing pre-cooked food for the first time.

### Never Over-Cook

In the first place, start with food of fine quality, and never overcook it; remember, it will require reheating before serving. Handling and preparation must be completely sanitary, because cooked foods spoil quicker than uncooked foods.

### No High Seasoning

Don't season cooked foods too highly before freezing: they keep their fresh flavor longer when they're unseasoned. Salt and onions gradually lose flavor in storage; pepper, on the other hand, becomes more pungent.

### Cool Quickly Before Freezing

Cool food promptly after cooking, before packing them for freezing. It's helpful to set the container in cold water. Prompt cooling cuts down the chance for growth of spoilage organisms, and also insures faster freezing.

As for packing, the same moisture-vapor-proof containers used for other frozen foods are right for pre-cooked foods. It's well to put only enough for one-time service in a package. Foods in small packages freeze and thaw faster than in large ones; that helps prevent a warmed-over flavor. Make as solid a pack as possible, leaving only enough space at the top to allow the liquid to expand in freezing. Pieces of cooked meat and poultry stay frozen better if you protect them from the air by covering them with gravy or sauce.

### Date Labels

The final warning of the research workers is to have clear, durable labels for frozen food packages. It's well to date the labels too, in order to assure using the contents while the quality is still tops.



### SOYBEANS -- U. S. STYLE

It may seem like carrying coals to Newcastle for us to be sending samples of soybeans to the Orient! However, growers in that part of the world, and in many other areas too, have asked for soybean breeding strains during the past three years.

This crop was adopted originally from the Orient, of course, but USDA's plant scientists have developed improved, high-yielding strains. During the war seed stocks were seriously depleted, sometimes completely lost, in other countries. Now, as they ask us for help, we're able to supply seed from samples we collected before the war. For example, in reply to a recent appeal from Korea, soybean seed was sent from the most promising strains of 2500 original samples collected in that country in 1929 and 1930.

During the past couple of years, representatives of 20 foreign countries have visited USDA's Plant Industry Station at Beltsville, Maryland, to confer with Department scientists. Some of these visitors remained in the United States for a year, traveling to various sections of the country to study production, processing and other phases of soybean industry.

### STRAWBERRY FREEZING FACTS

In case you're receiving inquiries about home freezing of strawberries, here are some suggestions from the home-freezing experts of the U. S. Department of Agriculture which may help you in giving the answers.

One pound (2 cups) of sugar will be required for each 4 quarts of strawberries as picked. The berries should be firm, table-ripe, and of a suitable variety for freezing. Information about the best varieties for freezing in each locality can be obtained from the State College of agriculture or extension service.

#### Variety Of Containers May Be Used

Several types of containers can be used for strawberries to be frozen... cartons with bag liners, glass jars, and tin cans. Remember that frozen berries can't be removed from a glass jar until at least partly thawed. There are special freezer jars with wide mouths on the market this year. Here are the simple directions for freezing strawberries:

Cap and sort, discarding any that are green, bruised or overripe. Wash in cold water and drain. Berries may be left whole or sliced, as preferred. Add sugar slowly, (1 cup to about 5 to 8 cups of berries) turning berries over gently until sugar dissolves. Pack tightly in containers with the juice.. press berries gently with a spoon if necessary, until juice is over them. Leave room for fruit to expand in freezing..about 1 inch in a carton and bag,  $1\frac{1}{2}$  inches in jar or tin can. Seal tightly.

ASPARAGUS ASSIGNMENT

Back in the 17th century most people called it sparrowgrass, and sometimes you hear that name used jokingly even today. It's a corruption of the proper name of the delicious spring vegetable almost everybody likes...asparagus..and since around 1800 the right name has been in general use. Whatever anybody calls it, this is the time of year to include it in meal plans. It's available in all Western markets at lower prices now.

It's too bad to treat this delicately-flavored vegetable the way some cooks do, however...stewing it until it's limp, drab and tasteless, not to mention lacking in vitamin C. You can be a good Samaritan by passing the word along to your listeners that there's a trick or two to cooking asparagus, in case they don't know. Here are suggestions from the home economists of the U. S. Department of Agriculture about preparing and cooking asparagus, so that flavor, color and nutritive value are preserved...and so that the tips aren't over-cooked.

To Prepare

Trim off the tough ends; remove scales along the stalk that hold grit; wash stalks thoroughly.

To Cook Whole Stalks

Tie stalks together loosely and stand them upright in a saucepan or kettle. Use enough boiling, salted water to come about one-third of the way up the stalks, cover and cook 10 to 25 minutes, or until just tender. In this way the tips cook in the steam. If you have a regular asparagus cooker, everything is easy. If not though, it's simple to invert another pan over the top of the pan you cook the asparagus in, to make a tall cover.

Cooking Cut-up Asparagus

Cut asparagus into 2-inch lengths, drop the lower-stalk pieces into a small quantity of boiling, salted water, cover and cook 5 to 10 minutes. Then add the tips and continue cooking until all are tender. Fresh, young asparagus may not require more than 10 minutes cooking; less tender stalks may take from 20 to 25 minutes.

Quantity Note

One pound of asparagus makes about  $2\frac{1}{2}$  cups when cut up. Cooking it that way makes a little go a long way of course, and is a good suggestion to make when the price is high.

Suggestions for Serving

Hardly anything beats serving well-cooked asparagus simply with melted table fat or strips of crisp bacon. For variety and extra nourishment too, it's fine with creamed sauce, cheese sauce or hollandaise, poured over toast or biscuits, or in patty shells. Asparagus teams up well with peas, diced creamed potatoes, or with spaghetti. It makes a mighty good salad too, chilled and served on lettuce with dressing, or combined with other cooked vegetables or with chopped hard-cooked egg in a salad.

MORE



Asparagus Soup

This is a good choice for luncheon, or as the first course of a simple dinner. It takes from  $\frac{1}{2}$  to 1 pound of asparagus; 1 teaspoon salt; 2 tablespoons table fat; 2 tablespoons flour; 4 cups liquid... asparagus cooking liquid plus milk. Follow directions given for cooking cut-up asparagus. Measure liquid left over and add enough milk to make 4 cups. Melt table fat, blend in flour, add the liquid and cook over low heat, stirring constantly until slightly thickened. Press the cooked asparagus through a colander or coarse sieve, and add to the sauce. Reheat and serve.

Asparagus Omelet

This is a delicious luncheon dish and simple to make. Add cooked asparagus to the egg mixture before cooking, or spread the asparagus on top of the omelet after it has set before it's rolled onto a hot platter to serve. Have asparagus drained and finely chopped, and use cooking liquid in place of milk or water in mixing the omelet.

GRAIN REVIEW

It looks now as though the United States will be shipping more grain abroad...wheat, corn, barley and oats..for the year July 1946-June 1947, than during any other year in our history. Shipments are expected to total more than 525 million bushels. Wheat and flour lead the export list, totalling over 360 million bushels. Corn is next in line.

More than 30 Countries to Receive U. S. Grain

During May, June and July, it's hoped that more than 175 million bushels can be exported to all the 30 or more countries throughout the world to which American grain has been allocated. Special efforts already are being made to speed up shipments of grain to U. S. occupied areas in Europe...Germany and Italy.

Billion Bushel Wheat Crop to be Harvested

Although the carryover of 1946 crop of wheat may be the smallest on record, there is no shortage of flour for domestic consumers. And in a few weeks farmers will start marketing the biggest winter wheat crop ever produced...over a billion bushels. This harvest will make it possible to continue large shipments abroad and yet maintain home use at high level.

## WORLD FOOD SUPPLY

Following are the highlights from the latest report on the world food supply, prepared by USDA's Office of Foreign Agricultural Relations.

The indications are that there will be little, if any, more food in the world in 1947-48 than during 1946-47, in spite of world-wide efforts to increase production. Grain production is down in several importing countries, and while this may be offset by increased grain crops in the principal exporting regions, there's little chance that the relatively low consumption levels of 1946-47 can be raised. There may be more sugar, potatoes, and fats and oils, but even if this is the case, supplies will continue below prewar.

Western Europe's acreage of winter food grains has been reduced by severe winter weather, extensive floods and labor shortages. Only a small part of this loss can be made up by spring plantings. However, this area may produce more sugarbeets, potatoes and feed grains...also more live-stock products.

In Central and Eastern Europe prospects for increased grain production are better. More winter grains were planted, and the winter-kill has been small.

The Soviet Union has a better crop outlook than last year too. Weather conditions were favorable during the winter and spring, but the final outcome will depend on the weather during the last half of this month and in June.

In Japan food prospects are less favorable than in 1946, and little expansion in acreage is possible. The increased population, plus repatriates, will call for greater food imports during the coming year.

Most areas of China have above-normal crop prospects. However, there's damage to the wheat crop of Central China from drought, and rice planting has been retarded. The production of rice in the surplus producing areas is expected to continue low, thereby increasing the bread grain requirements.

Concluding this report, OFAR points out that finance will be a major problem in agricultural trade in 1947-48. As you know, lend-lease and UNRRA are out of the picture. Therefore, the volume of foreign imports will depend on the amount of U. S. funds appropriated for foreign relief, and on the buying power that can be mastered by importing countries themselves.



### HOLIDAY FIRE DANGERS

Many family discussions are going on right now about what to do over the long Memorial Day weekend...but it's pretty sure that almost everybody is planning to be out-of-doors a good deal of the time. The holiday is long enough for a trip in the car...some families will spend three days at the beach or in the mountains...and doubtless a good many of the men-folk are planning a fishing expedition. On this first big holiday of the summer, everything indicates that more people will be outdoors and on the road than for years past.

Along with the program ideas you've already lined up for the next week, taking holiday plans into consideration...USDA's Forest Service hopes you'll include a reminder to your listeners that it's very important to take every precaution against forest fires. Records show that motorists, fishermen, picnickers, and other week-end sportsmen have been responsible for an appalling number of fires, causing loss of life and property that's hard to estimate.

In this connection, you probably remember that the President's conference on fire prevention was held in Washington, D. C. early this month. President Truman spoke at the opening session, citing the staggering figure of 560 million dollars worth of destruction from fire in this country during the past year.

He went on to say, "No dollar value can ever be put on the irreplaceable things which fire destroys. Who can count the value of a human life destroyed by fire? Who can say what a fire costs when it destroys thousands of tons of food sorely needed here and abroad? What is the value of a house, the burning of which makes a family homeless during this housing shortage? Who can put a dollar value on a burning forest? The fire loss, in lives and property, which occurs annually in our forest and rural areas make up a highly important part of the annual toll. Such destruction of our precious natural resources is of concern to each of us."

We gave you some facts and figures on losses from forest fires in the April 4 issue of Radio Roundup. If you haven't used them yet, this would be a good time to work them into a program. Because they're so very important, we'll repeat here the four simple rules we gave you at that time, which the Forest Service hopes every one of us will observe over the week-end and throughout the year:

1. Crush out cigarette, cigar and pipe ashes.
2. Break matches in two after using.
3. Drown all campfires; then stir and drown again.
4. Find out the law before using fire.

You can help if you'll keep pushing the slogan: "Remember, only you can prevent forest fires!"

PACIFIC MARKET PANORAMA

Seattle

BEST FRUIT BUYS.....California and Arizona grapefruit  
 IN MODERATE SUPPLY.....Avocados (higher), lemons, strawberries (slightly lower)  
 IN LIGHT SUPPLY.....Cantaloups, cherries, apricots, apples, bananas (high)  
 BEST VEGETABLE BUYS.....Asparagus (higher), lettuce, peas, tomatoes (lower)  
 IN MODERATE SUPPLY.....Cabbage, carrots  
 IN LIGHT SUPPLY.....Celery, green onions, rhubarb (high)

Portland

BEST FRUIT BUYS.....Strawberries, small oranges, Arizona and California  
 grapefruit  
 IN MODERATE SUPPLY.....Lemons, Texas grapefruit, large oranges, avocados  
 IN LIGHT SUPPLY.....Apples, cantaloups, cherries, watermelons  
 BEST VEGETABLE BUYS.....Asparagus, lettuce, onions, potatoes, rhubarb  
 IN MODERATE SUPPLY.....Cabbage, bunched carrots, cauliflower, celery, peas,  
 summer squash, tomatoes  
 IN LIGHT SUPPLY.....Artichokes, beans, corn, cucumbers, peppers

San Francisco

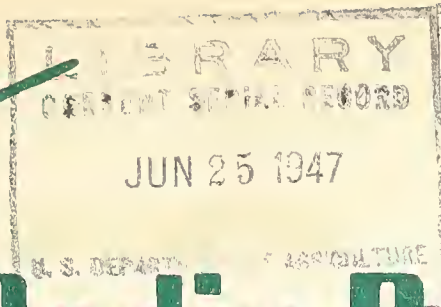
BEST FRUIT BUYS.....Grapefruit, youngberries  
 IN MODERATE SUPPLY.....Cherries, small oranges  
 IN LIGHT SUPPLY.....Peaches, plums, apricots, cantaloups, watermelons  
 BEST VEGETABLE BUYS.....Artichokes, asparagus (slightly lower)  
 IN MODERATE SUPPLY.....Potatoes, onions, carrots (slightly lower), eggplant  
 (slightly lower), tomatoes (slightly higher),  
 mushrooms (lower)  
 IN LIGHT SUPPLY.....Snap beans (fairly high), lettuce (higher), cauliflower  
 (higher), corn (higher), peas (higher), Italian squash  
 (slightly higher), summer and yellow crookneck squash  
 (lower)

Los Angeles

BEST FRUIT BUYS.....Grapefruit (reasonable), Watsonville Pippin apples,  
 lemons  
 IN MODERATE SUPPLY.....Blackberries, youngberries and boysenberries (all lower),  
 strawberries (fairly high), apricots (lower), North-  
 western packed apples (fairly high), oranges (fairly  
 high), cherries, bananas  
 IN LIGHT SUPPLY.....Hayflower peaches, avocados (high), cantaloups (high),  
 figs (high), limes (high), loquats, pears, watermelons  
 BEST VEGETABLE BUYS.....Tomatoes, potatoes, onions, cucumbers (slightly higher),  
 eggplant, bunched vegetables (reasonable)  
 IN MODERATE SUPPLY.....Lettuce (high), corn (higher), carrots, celery (fairly  
 high), cauliflower (fairly high), asparagus  
 IN LIGHT SUPPLY.....Cabbage



Reserve  
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**Western Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

May 29, 1947

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**U. S. Department of Agriculture  
Radio Service**

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

### SUGAR STAMP LINEUP

As you know, spare stamp No. 12 in War Ration Book 4 was made valid on May 26, instead of June 1, as originally announced by USDA's Sugar Rationing Administration. At the same time, announcement was made that another stamp, good for 10 pounds of sugar, will be validated not later than August 1, 1947. This will assure householders of the full 35 pounds of sugar which were provided under the Sugar Control Extension Act of 1947.

#### Consumers May Receive More Than 35 Pounds This Year.

Further good news on the sugar situation came in the statement by the Sugar Rationing Administration that the current improvement in sugar supplies indicates consumers may get even more sugar before the end of 1947.

Here, for your information, is a brief summary of this year's sugar stamp situation as it stands today:

Spare stamp No. 53, for five pounds, was made valid January 1 and expired on March 31.

Spare stamp No. 11, for ten pounds, was made valid on April 1, and will expire on October 31.

Spare stamp No. 12, for ten pound, was made valid on May 26, and will expire on October 31.

### SWEETENING FRUIT FOR FREEZING

Last week we talked about freezing strawberries; and here are some suggestions from the Bureau of Human Nutrition and Home Economics about the quantity of sugar required in freezing fruit. Approximately 1 pound of sugar to 3 or 4 pounds of fruit is the proper amount. The purpose of adding dry sugar to fruit for freezing is to draw out enough juice to dissolve the sugar and cover the fruit. Where fruit is less juicy, sugar goes farther when it's prepared in a sirup. This is satisfactory for most fruits. Juice fruit such as strawberries or sour cherries are best packed with dry sugar.

There are only a few fruits which may be frozen without sugar..., including the tart cranberry and rhubarb. Since they must be sweetened before eating, however, it's well to bear this in mind, and count on sugar from the household supply.



STRAWBERRY SWEETS

While luscious strawberries are still with us, your listeners may like to hear about some good recipes for strawberry jam. This is a great favorite in most families, is comparatively easy to make, and more economical than strawberry preserve. As you know, berries can be used for jam even if they're not perfect in shape or uniform in size. Here's a recipe suggested by USDA's home economists:

Strawberry Jam

2 quarts berries  
1½ pounds sugar  
1 to 1½ tablespoons lemon juice

Wash berries, drain and cap and pick out the largest. Take about 2 cups of the smaller fruit, crush and add the sugar. Cook rapidly in an enameled saucepan, stirring until sugar is dissolved and a thick sirup formed. Add remainder of fruit and continue cooking rapidly, stirring frequently to prevent scorching. Cook for 20 to 30 minutes, or until fairly thick; then add the lemon juice. Pour into hot sterilized jars, seal, and store in a cool place.

Strawberry and Rhubarb Jam

This recipe is a bit out of the ordinary, and you may like to mention it during the comparatively short time both these fruits are in season.

Wash the strawberries, drain them and remove the caps. Cut young tender rhubarb into inch pieces, taking care not to remove the skin. For each pound of berries use a pound of rhubarb. To each 2 pounds of the combined fruits allow 1½ to 2 pounds of sugar.

Cover the rhubarb with a part of the sugar and allow it to stand an hour or two to extract the juice. Crush the strawberries, mix with the remaining sugar, and combine with the rhubarb. Heat slowly until the sugar is dissolved, stirring meanwhile. Continue the stirring while boiling 15 to 20 minutes, or until the jam is somewhat thick. Pour into hot sterilized jars and seal.

Cooking and Canning Tips

An asbestos mat under the pan in which strawberry jam is being cooked will help guard against scorching. Also, it's better to use a wide, shallow kettle, and cook in small batches. If you work fast in making strawberry jam, more of the bright color and delicious flavor of the berries will be preserved. This also helps to retain more of the vitamin C.

## FOOD FOR TWO

June is the month when you'll probably devote a good deal of program time to the June bride. You'll be considering her wardrobe, the furnishings of her new home, and all that. The business of meal planning and food-shopping will suddenly become very important too, especially to the brides who've done very little of this sort of thing at home. The girl who's just gone to the grocery occasionally with a list made out by mother will find it a far different matter to make out that list herself, on the basis of menu plans that provide a delicious and well-balanced diet.

### A Chart for Inexperienced Homemakers

The following weekly food chart is one you may like to suggest to the inexperienced housekeeper. It was planned by USDA's Bureau of Human Nutrition and Home Economics, gives the approximate amounts of different classifications of food needed to provide a nourishing diet for two...even includes a sample weekly shopping order.

Green and yellow vegetables: 7 to 8 pounds in all, which might be divided as follows: 1 head lettuce, 1 lb. snap beans, 1 lb. squash, 1 bunch broccoli, 1 lb. kale, 1 pkg. frozen peas, 1 bunch carrots.

Citrus fruit, tomatoes: 4 to 6 pounds; 1 doz. oranges, 1 can tomatoes, 1 grapefruit.

Potatoes, sweet potatoes: 5 pounds; 1 lb. sweet potatoes, 4 lbs. potatoes.

Other vegetables, fruit: 8 to 9 lbs. Apples, 1 lb. Other fruit,  $\frac{1}{2}$  lb. raisins, 1 No. 1 can vegetable soup, 1 head cabbage (small); 1 lb. turnips, 1 lb. onions, 1 bunch celery.

Milk, cheese: 9 to 10 quarts, (1 oz. cheese or 2 to 3 large dips ice cream equal 1 cup milk); 8 quarts fresh whole milk,  $\frac{1}{4}$  lb. cheese; 1 pt. ice cream.

Meats, poultry, fish: 5 to 6 pounds:  $\frac{1}{2}$  lb. liver, 1 lb. hamburger, 3 lbs. roasting chicken, or shoulder of lamb, 1 lb. fish.

Eggs: 1 dozen.

Dry beans, peas, nuts:  $\frac{1}{2}$  lb.

Flour, cereals, meal: 6 to 7 pounds (count  $1\frac{1}{2}$  lb. bread as 1 lb. flour); 2 loaves enriched white bread, 1 loaf whole-wheat bread, 1 loaf rye bread,  $1\frac{1}{2}$  lb. rolled oats or ready-to-eat cereal,  $1\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. cornmeal or rice.

Fats, oils: 2 pounds; 1 lb. table fat,  $\frac{1}{2}$  lb. shortening;  $\frac{1}{2}$  pt. salad dressing or salad oil.

Sugar, sirup, preserves:  $1\frac{1}{2}$  pounds;  $\frac{1}{2}$  to 1 lb. sugar;  $\frac{1}{2}$  to 1 pt. molasses, jelly, or preserves.



These quantities are geared to the average couple where the wife is keeping house or doing office work, and the husband's work calls for a moderate amount of muscular effort; for example, a carpenter, salesman, or factory worker. If either the wife or husband is usually large or active, the suggested quantities of some foods may need to be increased... for instance, potatoes, dry beans and peas, nuts, flour and cereals, fats and oils.

You might suggest also that some of the supplies named may be bought in larger quantities, to save both time and money. If they're properly stored, they can be used the next week.

### A WORD ABOUT WEEDING

You doubtless have many gardeners among your listeners...some who are experts, others who've planted a garden for the first time this year... and still others who think of gardening primarily as a fine means of exercise. The first group, in all probability, hardly needs to be told about the following suggestions from the garden specialists of USDA. The other two might well profit by it, however. Here it is:

Don't hoe or cultivate your garden any oftener than is necessary to control the weeds. Deep cultivation is not only hard work for the gardener, but also usually injurious to plant roots. If the soil has been properly prepared before planting, only light surface stirring of the soil throughout the summer is required for most garden crops.

### Some Hints on Preparing Soil

The early preparation involves careful plowing or spading that completely turns and pulverizes the top few inches of soil. Then, when the soil is dry enough after a rain or irrigation, stir it lightly to kill the weeds and leave the surface loose. Don't work the soil while it's wet. This applies especially to heavy-textured land which is likely to remain full of clods and lumps the rest of the season if it's worked when wet.

### Weeds Rob Garden Plants

A sharp hoe or other tool can be used for scraping the surface of the soil. This will destroy the weeds without going deep enough to injure plant roots. Weeds rob your garden plants of water and plant food, so naturally, it's important to keep them down. However, there's no use in wasting a lot of effort hoeing oftener or deeper than is really necessary.

CEREALS CONFERENCE URGED

With the idea of keeping you posted on the world food situation, we're quoting here some statements made by Secretary of Agriculture Anderson in a letter this week to Dr. D. A. Fitzgerald, Secretary-General of the International Emergency Food Council. As you may recall, Mr. Anderson suggested in this letter that the council sponsor a conference on cereals, to be attended by the ministers of food and agriculture and their administrative officials and technical experts. The purpose of this meeting would be two-fold...to explain the urgent necessity for preserving food supplies in the various countries, and to discuss their management and orderly distribution. The Secretary urged that this conference be held in Europe not later than the middle of July.

Effective Use of Crops Essential

Mr. Anderson pointed out that unless the different countries take prompt action to make most effective use of their own crops, there's almost sure to be a repetition next spring and summer of the major difficulties the world is now facing. He goes on to say that while it is true the United States has prospects of another bumper wheat crop, the increase over last year would not offset the decline which now seems certain in food grain production in western Europe. Mr. Anderson gives assurance that the United States will make available every bushel of grain it can spare and transport, but says that this will not resolve the expected difficulties.

The Secretary concludes his letter as follows:

"I, of course, fully appreciate the immensity of the food management job that confronts many of the countries. Nevertheless, it is apparent that unless every precaution is taken to insure against dissipation of indigenously produced food supplies from the coming harvest, the world may be confronted a year from now with a food problem more difficult than at present. In view of this, the agenda of the conference I propose should include such additional items as will promote a thorough understanding of the food problem that lies ahead, and lay the basis for the most effective action by the importing countries."

Note: You might also refer to story on the world's food supply in the May 23 issue of Radio Roundup.



## SERVING SPINACH AND SNAPS

Two of the good green vegetables you'll find in most markets right now are snap beans and spinach...the snap beans in generally good supply, and the spinach really plentiful. Here in the West, there is a good supply of spinach which is rather inexpensive. Snap beans may be considered as in moderate supply in the southern part of the Western area and in light supply in the North, with prices ranging from 6 cents a pound wholesale in the South to 36 cents a pound in the North. They both make fine additions to springtime meals and are especially valuable because of their vitamin A content. The nutrition specialists remind us that the greener the leaf, pod and stem, the richer vegetables are in this valuable vitamin. It's one that can be stored in the body too, you know, for future benefit. Therefore, it's a very good idea to eat lots of green vegetables when they're plentiful, to add to the body's bank account of vitamin A.

### Use Fresh - Cook Fast

Use up the snap beans and the spinach while they're good and fresh... as when they wilt, the vitamins begin to vanish. If they must be held for a day or two, keep them cool, damp and lightly covered.. They should be piled loosely to prevent crushing. Wash them quickly, never soak, and lift from the water to free from sand and grit.

Briskly boiling, lightly salted water is right for cooking green beans...with leafy vegetables like spinach, use only what water clings to the leaves. Cover the saucepan to speed the cooking. Cook only until tender, season simply with salt, pepper, and meat drippings, or other fat; serve at once. If any pot liquor is left, use it in soup, gravy or a vegetable cocktail.

### Serving Variations

For variety, you might serve either the beans or the spinach with white sauce. And you can make this extra-special by pouring the creamed vegetable into a greased baking dish, topping with bread crumbs, and baking until light brown. For more food value and flavor, melt cheese in the white sauce, or add sliced hard-cooked eggs.

Sweet-sour green beans are unusual and delicious. They're easily prepared...just add a little vinegar and sweetened cream or evaporated milk to the cooked beans.

And there's a very glamorous spinach dish...it's called spinach loaf, and here's how it's done: Prepare creamed spinach (or kale), adding a little chopped onion for flavor. Remove the center of a loaf of stale bread, leaving a shell for the creamed vegetable. (The crumbs can be used in puddings or other baked dishes.) Fill with hot vegetable mixture: Moisten the sides and top of the loaf, and bake until hot and crisp. Then cut in slices and serve.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS .....Youngberries, boysenberries, grapefruit, Watsonville  
Pippin apples, small oranges.  
IN MODERATE SUPPLY..... Bananas, apricots, cherries, lemons (slightly lower)  
IN LIGHT SUPPLY.....Strawberries (high), red raspberries, early peaches,  
avocados (high), cantaloups, pineapples (high), loquats,  
Beauty plums, large oranges (fairly high), watermelons  
(high).  
BEST VEGETABLE BUYS.....Lettuce (lower) cucumbers (lower), eggplant (lower),  
corn (lower), beans (lower), new crop onions (lower),  
tomatoes, new-crop potatoes (slightly higher), carrots,  
bunched vegetables, squash, romaine  
IN MODERATE SUPPLY.....Cabbage (higher), celery (fairly high), asparagus.  
IN LIGHT SUPPLY.....Peas, sweet potatoes, peppers.

San Francisco

BEST FRUIT BUYS.....Youngberries, grapefruit, small oranges.  
IN MODERATE SUPPLY.....Lemons, apricots (lower), cantaloups (lower), water-  
melons (lower)  
IN LIGHT SUPPLY.....Peaches, plums.  
BEST VEGETABLE BUYS.....Artichokes, asparagus, onions (slightly lower), squash  
(lower).  
IN MODERATE SUPPLY.....Snap beans, cucumbers, eggplant, spinach (slightly  
lower), carrots, cauliflower, celery, corn, lettuce,  
potatoes.  
IN LIGHT SUPPLY.....Peppers, tomatoes.

Portland

BEST FRUIT BUYS.....Grapefruit, strawberries, small oranges.  
IN MODERATE SUPPLY.....Avocados, large oranges, lemons.  
IN LIGHT SUPPLY.....Apricots, cherries, cantaloups, watermelons.  
BEST VEGETABLE BUYS.....Asparagus, cabbage, cauliflower, eggplant, lettuce,  
onions, peas, potatoes, spinach.  
IN MODERATE SUPPLY ..... Bunched carrots, celery, corn, cucumbers, tomatoes,  
bunched turnips, radishes, green onions.  
IN LIGHT SUPPLY.....Artichokes, beans, mushrooms, peppers, summer squash,  
sweet potatoes, broccoli, rutabagas.

Seattle

BEST FRUIT BUYS.....California and Arizona grapefruit, small California  
oranges.  
IN MODERATE SUPPLY.....Avocados, lemons, strawberries.  
IN LIGHT SUPPLY.....Cherries, cantaloups, apricots, apples, bananas (high)  
BEST VEGETABLE BUYS.....Head lettuce, cauliflower, dry onions, peas, carrots,  
hothouse cucumbers (all lower).  
IN MODERATE SUPPLY.....Cabbage, radishes, and green onions.  
IN LIGHT SUPPLY.....Mustard greens, rhubarb, celery (high).



Reserve  
1,942  
E.3 P.115

Western Edition

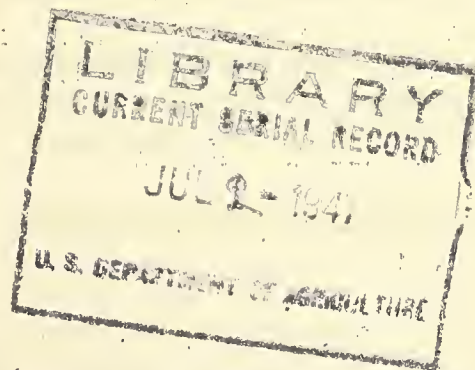


# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

June 6, 1947

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U. S. Department of Agriculture  
Radio Service

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Information Service -- Western Area  
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U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

### HOME FOOD PRESERVATION WEEK

The week from June 22 to 28 has been designated home food preservation week, and you'll probably want to begin talking about it a little in advance. Just the same as last year, a special week is being set aside for this observance for the purpose of focusing the attention of homemakers on the importance of food conservation. You might also point out to your listeners that home food preservation helps to improve the nutritive value and the variety of the meals they serve.

In making the announcement of this special week, Secretary of Agriculture Clinton P. Anderson said:

"The wartime gains we have made in nutrition through home food preservation and other activities should be maintained and encouraged further. Through home food preservation homemakers can assure more nutritious meals for their families the year around. This will help materially in improving national dietary standards. National food preservation week will be a good time for the homemaker to make plans as to what foods she is going to preserve and how she is going to do it, from now on through the autumn months."

In this connection, we might mention that information about both home canning and home freezing has been given in a number of recent issues of Radio Roundup, and we believe you will find this helpful.

### The Supply Picture

It's expected that there will be abundant supplies of both home and commercially grown fruits and vegetables for home and community canning centers. Also, it's likely that this year's commercial packs of fruit and vegetables will be relatively heavy. Home food preservation, however, will conserve food which might otherwise go to waste...will supplement supplies for individual families...and will mean a saving of both time and money to the homemaker in planning and preparing meals next winter.

Remind your listeners that they can take advantage of the nearest community canning center, in case home facilities aren't adequate. Arrangements for this should be made well in advance, however.

### Increase In Sugar Rations This Year

Another factor favorable to home canning this year is the increase in sugar supplies...at least 35 pounds for each person in the family compared with 25 pounds last year. As you know, spare stamp No. 12 for ten pounds became valid on May 26, and another stamp good for ten pounds will be validated not later than August 1.



### DAIRY SPECIALS

June has been designated as Dairy Month. And there's good reason for the industry to call this special attention to their products. Milk production so far this year is a bit above 1946 levels, with May and June being the peak production of the year. Right now dairy products of all types are more available than they have been for several years.

#### Skim Milk Products Most Economical Source of Animal Protein

Butter and cheese prices are comparable with ceilings that prevailed at the end of the price control period. Some products, such as nonfat dry milk solids, are decidedly below former ceiling prices. In fact, skim milk products...cottage cheese, buttermilk and flavored milk drinks, generally the most plentiful items in the dairy line-up, represent the most economical sources of animal protein, riboflavin and calcium in the diet.

#### The Present Cheese Story

At no time in history was the nutritive value of cheese more clearly demonstrated than in the war, when military and lend-lease requirements took some 50 percent of the total production and as much as 70 percent in certain months. Cheese production was expanded tremendously to fill needs, and now civilians may take advantage of supplies that are continuing at a high level. Tangy, aged cheese, absent during the entire war and in the months since, is now coming back in ever greater quantities as more time has been afforded for the curing process. And our domestic cheese is available in greater variety, since the industry developed domestic types to replace foreign ones while imports were restricted. Cheese may well be considered an economical choice among the protein foods.

#### Plenty of Ice Cream and Butter

Ice cream, a nutritive and refreshing food high on the American food preference list, is more plentiful and of higher quality than it has been for some time. Butter, also under wartime restrictions, is now decidedly in evidence again at grocery stores. All current production is for use by the home folks, and there are no longer any government controls on amounts of production or on distribution.

And with great quantities of fluid milk produced in local milk sheds... that is, near large milk consuming areas...there is sufficient milk for fluid uses.

## JUNE DAIRY DELIGHTS

Since you'll probably feature dairy foods during June...the dairy industry's calling this Dairy Month, you know...here are a few serving suggestions which you may like to pass along to your listeners.

### Eggs and Milk

These two dairy foods, eggs and milk harmonize so beautifully that you'll want to make much of the combination throughout the summer months. For breakfast the eggs can be baked in cream...for luncheon, hard-cooked eggs in cream sauce will fill the bill, and so will an omelet with creamed vegetables or meat...at dinner a fluffy souffle can appear as an entree or dessert. To make a simple fish dinner more interesting, try serving fried or baked fish with egg sauce. This is made by adding finely chopped hard-cooked eggs to a thin white sauce.

### Custard Desserts for June Meals

In the dessert department, custards occupy an important place in most families. Here's a variation everybody likes, and it's so good it's really worth the little extra effort required to prepare it:

#### Caramel Custard

3 cups milk	3 or 4 beaten eggs	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ cup caramelized syrup	

Heat milk over boiling water. Add salt to beaten eggs, and gradually add the milk to the egg mixture. Add caramel syrup and vanilla and pour into custard cups. Place in a pan of hot water and bake in a moderate oven (350 degrees F.) 25 to 35 minutes, or until custards are set...this will be when the point of a silver knife comes out clean.

To make caramelized sugar, melt  $\frac{2}{3}$  cup granulated sugar in frying pan over low heat, stirring constantly until melted and a rich brown. Add  $\frac{2}{3}$  cup hot water and continue to stir over heat until smooth and slightly thickened.

Two or three slices of peach may be placed in the bottom of the custard cup before pouring in either a plain or caramel custard mixture. Plain custard can be dressed up a bit by topping each cup with a spoonful of jelly just before serving.

### Soft Custard

This is an adaptable dessert...can be served plain, with a little cinnamon or nutmeg sprinkled over each dish...as the basis for a delicious Floating Island dessert...or as a sauce for fruit, gelatine, puddings or cake.



Bread or Rice Pudding

These are two old favorites, and if they're made properly everyone in the family will like them. You probably have your own pet recipes, but here's a basic one that's been tested by the food specialists of USDA.

3 cups milk	1/3 cup sugar (increase to 1/2 cup when
2 cups soft bread crumbs	using rice)
or	1/2 teaspoon salt
1 1/2 cups cooked rice	2 or 3 beaten eggs
1 tablespoon fat	

Heat the milk over boiling water. Add bread crumbs or rice, and fat. Add sugar and salt to beaten eggs, then gradually add milk mixture. Pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350 degrees F.) one hour, or until set. For variety add 1/2 cup raisins, or 1 teaspoon vanilla before baking, or serve with a jelly or orange sauce.

Cottage Cheese for Dessert

Cottage cheese is another important dairy food...it's on the June list of plentiful, as you know. Here's an interesting dessert idea you may like to include in menu suggestions this month:

Cottage Cheese Salad Dessert

Split a large pineapple in half lengthwise. Remove the core and cut out the pulp, leaving only the rind with a thin inside layer of fruit. Cut the pulp which has been removed in small cubes and wedges. Mix the pineapple cubes with about 2 cups of cottage cheese, salted to taste, and pile lightly in the pineapple shell. Garnish with pineapple wedges and strawberries cut in halves. Serve at once, before pineapple juice makes the cheese watery. Serves six.

PLENTIFULS FOR JULY

The plentiful food list for July continues the featuring of several canned foods. As we explained last month, the packs of certain vegetables were greatly increased during the war to meet the needs of the Armed Forces. While the 1946-47 packs were reduced, the demand from consumers has been less than was expected, which has resulted in large carry-overs. The canned vegetables in particularly plentiful supply are peas of standard grade, diced carrots and diced beets. The other canned foods on the July list are tomato juice, citrus juice and grapefruit segments. The following foods are expected to be found in generous supply throughout the greater part of the country during the next month: fresh oranges and lemons, potatoes, sauerkraut, peanut butter, cottage cheese, and fresh and frozen fish, except shellfish. During the next few months, as you know, fish landings are heavy. In addition, the cold storage holdings are large, and all this means that it should be easy to find plenty of fish at reasonable prices.

Several other foods are likely to be found in generous supply throughout most of the country during July. These are heavy turkeys, eggs (especially those below Grade A), frozen peas and frozen spinach. However, regional supplies should be checked because of variations in distribution.

## READY-TO-EAT-MEATS

These are the days when the little woman who's chief cook and bottle-washer occasionally wants to plan an easy meal...and one way to do it is to feature luncheon meats, which are conveniently ready-to-serve, or canned meats. These are in very good supply right now, and according to information from trade sources prices have been reduced within the last month or two.

### Serve 'Em Hot Too

Almost everybody's familiar with the attractive platter of cold cuts which is often the piece de resistance at a cold luncheon or a buffet supper. It's well to remember, however, that these prepared meats are very adaptable to hot service as well. The family is likely to sit up and take notice when meat short-cake appears some night for dinner...made with luncheon meat, cubed and creamed, and served on split biscuits. This can be made more interesting if the white sauce is slightly flavored with herbs and a few cooked vegetables are added...peas and carrots, for instance, or strips of pimiento. Luncheon meats can take their place in stuffed peppers too, and in cabbage rolls, turnovers and meat timbales...if they're put through the meat grinder first.

### Bologna Cups With Potato Salad

And here's a way to be a bit different about potato salad and cold cuts...serve the salad in bologna cups. Large slices, cut a bit thicker than usual can be heated in a frying pan just long enough to make the edges curl so that they form cups...it will take only a minute or so. Then it's easy to arrange the bologna cups on a serving platter, fill them with the potato salad and top them off with a sprig of parsley.

Frankfurters team up beautifully with cold cuts, and one interesting way of combining them is to wrap a piece of bologna around a frankfurter, fasten it with a toothpick, and brown the whole thing in a frying pan under the broiler.

### Barberpole Franks

And here's a way to fix franks so that they're very special indeed. Cut ribbons of pastry dough an inch thick and wrap them around each frankfurter in barberpole fashion. Then bake them in a hot oven, or over the coals of the outside fireplace.

### Stuffed Franks

The flavor of sharp cheese and frankfurters blends well too, and everybody will like weinies prepared in this interesting style: . Make a long split down the center of the frank, and insert a thin wedge or slice of cheese. Broil or bake until the cheese is melted and brown.

Going back to the thought of cold cuts and salad...a good way of using up leftovers of luncheon meat is to cut them into cubes, mix with chopped celery, a little sweet pickle, and some salad dressing and serve them on a lettuce leaf, or, if there's only a small amount of the luncheon meat left over, mix the cubes in with any vegetable salad, or with a jellied salad mixture, or use it to stuff tomato cups.



And by the way, you might remind your listeners that most luncheon meats and canned meats are federally inspected..the Federal Stamp, which reads, "U. S. Inspected and Passed by Department of Agriculture," usually will be found on the outside wrapper, the package in which the meat is packed, or on the can.

### CHEERS FOR THE CHERIMOYA

Maybe you've heard something about the cherimoya...and it's possible you'll be hearing lots more about it in the not too far distant future. In case you don't know, it's a delicious dessert fruit, long popular in the tropical Americas, which has been grown successfully in Southern California in recent years.

Mark Twain sampled it years ago and described it as "deliciousness itself." Another writer described the flavor of the cherimoya as, "A masterpiece of nature." Sounds mouth watering, doesn't it?

### What to Look For

In appearance the fruit may be shaped variously...oval...conical... heart-shaped, or somewhat irregular. In weight it ranges from a few ounces to 5 pounds. Sometimes the surface is smooth, sometimes rather rough. The color is light green, the skin is thin and delicate, and the flesh, creamy white embedded with numerous brown seeds. The cherimoya requires careful handling to avoid bruising, which means it isn't a very good traveler. This explains why it's a comparative stranger in most of our markets.

USDA's Office of Foreign Agricultural Relations tells us that experiments are now under way to develop hardier varieties of this delectable fruit, which can be shipped more easily. However, with the establishment of quick-freezing plants close to the source of production...and with the development of air express...it may not be long before many more of us living in the temperate zone will become better acquainted with the cherimoya and other tropical fruits.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Boysenberries, youngberries, grapefruit, small oranges.  
IN MODERATE SUPPLY.....Apricots, peaches, cantaloups (fairly high), water-  
melons (lower) bananas, cherries (fairly high),  
Valencia oranges (higher), lemons, strawberries (high)  
IN LIGHT SUPPLY.....Apples (high), avacados (high), plums, figs, pineapples  
(high) loquats, limes, loganberries, red raspberries,  
nectarines.  
BEST VEGETABLE BUYS....Cucumbers, Italian and summer squash, snap beans,  
lettuce, eggplant, romaine, bunched vegetables.  
IN MODERATE SUPPLY.....New potatoes, onions, tomatoes, carrots, celery,  
asparagus, garlic (lower), corn (fairly high).  
IN LIGHT SUPPLY.....Cabbage, peppers (high), sweet potatoes, okra.

San Francisco

BEST FRUIT BUYS.....Grapefruit, youngberries.  
IN MODERATE SUPPLY.....Apricots, cherries, lemons, small oranges, peaches,  
watermelons (lower).  
IN LIGHT SUPPLY.....Figs, nectarines, plums, new crop apples, cantaloups  
(higher).  
BEST VEGETABLE BUYS....Asparagus, cucumbers, eggplant, onions.  
IN MODERATE SUPPLY.....Carrots, lettuce, potatoes, squash, tomatoes (slightly  
lower)  
IN LIGHT SUPPLY.....Beans, corn, peppers, artichokes.

Portland

BEST FRUIT BUYS.....Grapefruit, small oranges, strawberries  
IN MODERATE SUPPLY.....Cherries, large oranges, watermelons, cantaloups,  
lemons.  
IN LIGHT SUPPLY.....Avacados, figs, peaches, apricots, plums.  
BEST VEGETABLE BUYS....Cabbage, cauliflower, onions, peas, potatoes, spinach,  
bunched vegetables, lettuce  
IN MODERATE SUPPLY.....Carrots, celery, corn, eggplant, cucumbers, tomatoes.  
IN LIGHT SUPPLY.....Artichokes, green beans, okra, peppers, sweet potatoes,  
summer squash.

Seattle

BEST FRUIT BUYS.....California small oranges, California and Arizona grape-  
fruit.  
IN MODERATE SUPPLY....Avacados, lemons, cantaloups (lower)  
IN LIGHT SUPPLY.....Cherries, apricots, apples (high)  
BEST VEGETABLE BUYS...Head lettuce, onions (lower).  
IN MODERATE SUPPLY....Cabbage (lower), celery, radishes (lower), green onions  
(lower).  
IN LIGHT SUPPLY.....Rhubarb, watermelons.



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Western Edition

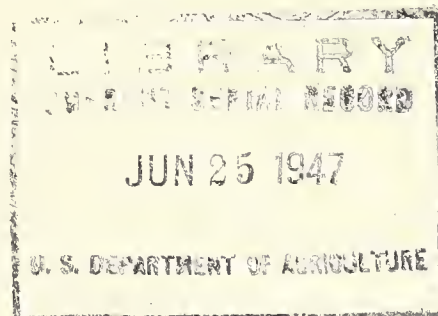


# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

JUNE 13, 1947

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

### THE UPWARD SPIRAL OF RETAIL MEAT PRICES

The current upward trend in retail meat prices has been blamed on a number of factors, among them our export activities. Actually, our exports are now so small that they should have no significant effect on domestic meat prices, either at wholesale or retail levels.

Secretary of Agriculture Anderson, speaking before a luncheon meeting of the Business Advisory Council on June 11, brought out the fact that allocations of meat for commercial export during the current quarter, April through June, amount to only 3 percent of total U. S. production, and are far below allocations for the same period last year. Mr. Anderson also pointed out in this connection that the general meat situation is good; in fact, production is running ahead of estimates made the first of the year. So all in all, consumers are now receiving a proportionately larger share of a larger meat output.

Let's look at the figures for a minute. Secretary Anderson noted that the second quarter allocation for commercial export totals about 155 million pounds, as compared with about 314 million pounds allocated for export in the second quarter of 1946. Furthermore, the armed forces have been buying 30 percent less meat than last year, so these purchases have been drastically reduced too. He also pointed out that while the April-June allocations have been set at 155 million pounds, it is estimated that only about 125 million pounds will actually be exported during this quarter. From experience it has been found that when countries find their exchange resources tightening up, they naturally seek commodities such as cereals, which will give them more nutritive units for the money available.

Mr. Anderson also added that through export control measures now in existence, it is possible to limit exports to foreign countries to the amount covered by their allocations. Department officials have worked closely with representatives of foreign governments to assure that procurement would be spread throughout the quarter and that no country would purchase an excessive amount of meat at any one time. For example, the British, with an 85 million pound allocation, have been required to limit their purchases to not more than 10 million pounds weekly.

Now let's look at meat production. It was estimated that meat production in 1947 would be 23 billion pounds, dressed weight, the fourth largest output on record. Production for this April-June quarter was forecast at about 5 billion pounds, compared with 4.7 billion pounds produced last year in the same quarter. But, production in this quarter has been running ahead of the estimate. Actual output during the first 10 weeks of the current quarter has been about 4 percent above the forecast. Beef supplies are now running at a record level, and recent meat production reports show that beef supplies have been above expectations for this time of year.

MORE



Prices are our next concern because they affect your and my pocketbook. The trend has been downward in livestock prices the past three months, although the curve has gone upward slightly in the past couple of weeks. Even with this recent upward trend, the sharp increases that have been reported in retail outlets are not justified by the prices the farmer has been receiving.

To summarize, suppose we quote directly from Secretary Anderson's remarks on the current meat situation. "These facts, it seems to me, make it clear that the increase in meat prices must be laid to factors other than the small export allocation, large meat supply, and prices that farmers receive for their livestock. One of the important factors not to be overlooked is the continuing strong consumer demand for meat."

### MEAT TO EXPECT

The U. S. Department of Agriculture men who keep track of what is happening to livestock production and marketing say that consumers can expect more meat the remainder of this year than they had the latter half of 1946.

#### Beef and Veal Production above Normal

Beef and veal will make up more than half the total supply, a greater than normal production. Compared with offerings last summer, the output will not only be particularly large, but distribution will be more even. We can also expect more "Choice" and "Good" graded steaks and roasts. It seems that the majority of the cattle which have gone to market so far this year were "short fed" on grain rations less than 120 days. Now many cattle have been in feed lots longer and this makes for more of the juicy, tender cuts. Toward the end of summer the "long fed" cattle will be pretty well all sold, and the bulk of our beef will then be grass-fattened.

#### Summer Output of Pork Lower Than 1946

In contrast to the greater supply of beef, the summer output of pork will be smaller than last year. The 1946 fall pig crop was lower because of the feed situation, and the urgent need to send grains abroad for relief purposes. In the late fall when many of the 1947 spring pigs are ready for market, pork supplies should increase to a level where they will make up about half of our total meat.

#### Lamb and Mutton Production Down

Lamb and mutton cuts are about a fifth below last year. For five years now the number of sheep and lambs have been going down. This happened because of labor costs and, in some areas, the competition from other farm enterprises. On January 1, 1947, for example, the number of sheep and lambs on farms was the smallest in 80 years of record. The Department of Agriculture has recommended that farmers send fewer stock sheep to market; so there will be less lamb and mutton for sale than was available in the latter half of 1946. However, these two meats normally make up less than 5 percent of our total meat supply.

## A BOOST FOR "B" EGGS

In last week's issue of RADIO ROUND-UP we told you that eggs will be in generous supply throughout most of the country next month, particularly those that are less than Grade A. It appears, therefore, that this would be a good time to give Grade B eggs a boost.

### Characteristics of Grade B Eggs

In the first place, perhaps you'd like to know what makes the difference between Grades A and B. The color of the shell is immaterial, and so is the size...large, medium and small eggs are found in all grades. However, the B egg may be a bit abnormal in shape, the air cell a little larger, and while the white must be reasonably firm and clear, the yolk may move freely and show slightly visible germ development. When the egg is broken, it's easier to tell about the quality. The Grade A egg spreads out over only a small area, the yolk is round, almost like a ball, and well centered, and the white is thick and clear. In a Grade B egg, the white is thinner and the yolk is rather flat. When broken, it tends to spread out quite a bit, and the yolk may break if the egg isn't carefully handled.

### Suggestions for Using Grade B Eggs.

All this means that the B egg isn't as attractive when it's poached or fried, but it is just as satisfactory for scrambling with bacon, or making into an omelet with cheese or tomatoes. Maybe it won't be as good to use in custards or sponge cakes, where the delicate egg flavor is important... but you can combine it with another flavor, like chocolate or spice. And when Grade B eggs are used in dishes like pancakes, souffles, waffles, croquettes, puddings, cakes and cookies, they're just as taste-satisfying as the higher grade eggs. Furthermore, the price should be lower, a help to the budget.

### Nutritive Value

Pound for pound, middle-grade, or Grade B eggs are just as nutritious as those of the top-grade. The protein is in a class with foods like meat and milk. Also they contain two of the B vitamins, thiamine and riboflavin.. plus vitamins A and D. The egg yolk holds a rich store of iron, and also contains phosphorus, and other minerals needed by the body.

### Treat Eggs Right

Remind the homemaker that eggs need the proper care, whether they're Grade A or B. They should be kept clean, covered and cold. That doesn't mean they should be washed before being stored in the refrigerator, because there's a film known as the "bloom" which covers new-laid eggs, sealing the pores and helping to keep out bacteria and odors. Washing will remove this protection: therefore it shouldn't be done until the eggs are to be used.

MORE



If there are soiled spots, these should be wiped off with a damp cloth. It's well to store eggs in a covered bowl or pan away from strong-smelling foods. Uncovered eggs lose moisture faster and are more likely to absorb odors.

And if you think refrigerator storage isn't important, here's what the experts say: Eggs stored at room temperature may lose as much in quality in three days as those kept two weeks in a good refrigerator.

### To Beat Egg Whites

Since summer's a favorite time for the light, foamy desserts made with beaten egg whites, here's a helpful tip: Let egg whites stand awhile before beating. They whip best when they're as warm as room temperature. And for more foam, add a pinch of salt before beating.

### ZERO SHIPMENTS

Homemakers who buy frozen strawberries or snap beans usually accept these modern products with little thought about the problem of keeping the food frozen while it's moving from the freezing plants to the stores.

### Zero Degrees Required for Frozen Food Shipment

You see, frozen foods should be kept at temperatures of around zero for proper protection during storage and distribution. At present, frozen foods are transported most successfully by ships and insulated trucks capable of holding cargo at around zero. So far, rail refrigerator cars have not been ideal for transporting frozen foods. Ten to twenty degrees above zero are the lowest temperatures that ordinary refrigerator cars can achieve. So frozen foods have not been transported at the low temperatures maintained in cold storage warehouses.

### New Iceless Refrigerator Car

An experimental refrigerator car was recently tested by the U. S. Department of Agriculture. This car gives promise that railroads may soon be able to haul frozen foods at zero temperature. During the test, this new refrigerator car held a load of frozen food at or below zero for 10 days in a laboratory heated to 92 degrees F. to simulate summer temperatures. This car uses no ice. Instead it has an ammonia refrigeration system with no moving parts, and needs no power for operation. The cooling effect is produced by ammonia gas under pressure, which flows from tanks under the car, through coils in the ceiling to water tanks where the gas is absorbed.

## COUNT ON CHEESE

Cheese is a handy food package...from the standpoint of both nutrition and convenience. It fits into summertime meal plans beautifully...can be used in cold dishes as well as hot...can be served "as is," or made into sandwiches, or featured in salads and desserts. During June, which you know, is Dairy Month, you may like to use some of the following suggestions regarding the use of cheese.

### Careers for Cheese

Serve toasted cheese crackers with soups or salads, or instead of a sweet dessert. They're easy to make...just grate the cheese or slice it thin. Spread on crackers and toast in the oven, or under a low broiler flame until the cheese melts.

For untoasted sandwiches grate cheese, or cut it fine; mix with one of the following to make a sandwich filling: chopped onion, chopped carrot, chopped pickle, cooked beans, or finely cut celery. If you wish, put in a leaf of lettuce or tender cabbage.

Nobody needs instructions for making toasted cheese sandwiches, but some people may not know about the delicious French-toasted cheese sandwich. To make this, beat up one or two eggs with a cup of milk. Dip cheese sandwiches lightly into this on both sides. Fry slowly in a little fat, browning both sides.

Many salads can be made more interesting by mixing in small bits of cheese. Try this with a tossed green vegetable salad, a potato salad, or a kidney bean salad. Add grated cheese to the salad dressing you serve over lettuce. Sprinkle cheese over beet slices.

### Nutrition Note

Cheese includes protein of the best quality, calcium needed for bones and teeth, riboflavin of the vitamin B family...and, if made from whole milk, contains vitamin A too.

### Cherish your Cheese

Don't waste any cheese...every little bit should be used. Cut off only as much as you need each time, then store the rest tightly wrapped in paper or clean cloth. Use promptly before cheese dries out. Remember, it may mold without spoiling. If this happens, cut off the mold and use the rest.

Go easy with the heat in cooking cheese. Let it cook slowly, so that it melts completely and spreads the good cheese flavor through the whole dish. Cooked too quickly, cheese gets tough and stringy.

To speed up the melting and blending of cheese, it should be in small pieces before it's heated. Break it, grate it, slice it, or shave it thin. Whenever possible, mix the cheese into a sauce before adding it to other ingredients.



### DETAILS ABOUT DDT

There's a new government booklet just out which might well become a best-seller. It explains in detail the use of DDT in the home, and answers the questions many people are asking about the proper form of DDT to use for various household pests, the way in which to apply it, and the results to be expected. The instructions are in simplified form and are meant to guide the individual home owner or apartment dweller in the use of this valuable insecticide.

The first page gives precautions in using DDT, and points out that it is a mild poison, but is safe when used according to the following instructions:

#### Safety Measures

1. Take ordinary precautions in handling and storing DDT insecticides.
2. Avoid applying it on eating utensils and food.
3. Store it out of reach of the children and where it will not be used by accident for flour, baking powder, or similar foods.
4. Wash your hands when you have finished applying DDT.
5. Never use oil preparations of DDT on animals.
6. Do not spray oil solutions near open fires, because the oil may catch fire.
7. Remove from the room or cover house plants, fish and pets when applying DDT.

#### Various Forms of DDT

The booklet goes on from there to explain how DDT kills insects, gives a description of the different forms..liquids, residual sprays, space sprays, aerosols, and dusts..and explains its use against specific pests, such as house flies, mosquitoes, roaches, fleas, ants, pantry pests, and so on.

This latest information on the best use of DDT against household pests was prepared by USDA's Bureau of Entomology and Plant Quarantine, and the United States Public Health Service. You'll notice we specified it might become a best-seller, which implies that it costs money, and so it does..5¢. This pamphlet contains a lot of good information for a nickel..we think it would be money well spent. If you'd like a copy for yourself, or want to tell your listeners where they can get one, here's the information. Write the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.....not the Department of Agriculture, or the Public Health Service. And don't forget to enclose the 5¢.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Apricots (lower small oranges, peaches, plums, grapefruit (fairly low)  
 IN MODERATE SUPPLY.....Strawberries (fairly high), cantaloups (lower), cherries, lemons (higher), nectarines (lower), bananas, figs (lower).  
 IN LIGHT SUPPLY.....Large oranges (high), boysenberries (higher), red raspberries (fairly high), watermelons, apples, avocados, pears, loquats, pineapples (high) limes (high)  
 BEST VEGETABLE BUYS.....White summer and Italian squash, eggplant, onions (slightly lower), lettuce (lower), bunched vegetables (reasonable) carrots (slightly lower)  
 IN MODERATE SUPPLY.....Tomatoes (slightly higher), potatoes (slightly lower), beans (slightly higher), cauliflower, corn (higher), peas, asparagus.  
 IN LIGHT SUPPLY.....Cabbage (higher), peppers (high), sweet potatoes.

San Francisco

BEST FRUIT BUYS.....Apricots, youngberries (low), grapefruit, small oranges.  
 IN MODERATE SUPPLY.....Boysenberries, cherries, peaches, plums, figs, early apples.  
 IN LIGHT SUPPLY.....Large oranges (higher),  
 BEST VEGETABLE BUYS.....Eggplant, onions, new potatoes (lower), carrots, cucumbers, lettuce, spinach.  
 IN MODERATE SUPPLY.....Asparagus (relatively low), squash, tomatoes (lower)  
 IN LIGHT SUPPLY.....Peppers (lower), beans (slightly lower), celery (quite high)

Portland

BEST FRUIT BUYS.....Berries, grapefruit  
 IN MODERATE SUPPLY.....New crop apples, apricots, cherries, cantaloups, watermelons, oranges, lemons  
 IN LIGHT SUPPLY.....Avocados, figs, grapes, nectarines, peaches  
 BEST VEGETABLE BUYS.....Cabbage, cauliflower, lettuce, onions, potatoes, spinach, beets, green onions  
 IN MODERATE SUPPLY.....Asparagus, celery, peas, rhubarb, tomatoes.  
 IN LIGHT SUPPLY.....Artichokes, snap beans, peppers.

Seattle

BEST FRUIT BUYS.....Small oranges, grapefruit.  
 IN MODERATE SUPPLY.....Apricots, cherries, cantaloups, watermelons, lemons  
 IN LIGHT SUPPLY.....Avocados, figs, grapes, nectarines, peaches, new apples  
 BEST VEGETABLE BUYS.....Lettuce, peas, cauliflower, onions, potatoes, beets, green onions, radishes.  
 IN MODERATE SUPPLY.....Asparagus, celery, tomatoes, cabbage  
 IN LIGHT SUPPLY.....Artichokes, snap beans, peppers, rhubarb



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Western Edition



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

JUNE 20, 1947

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Western Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

### OFF-RATIONING REASONING

Homemakers who can buy sugar for the first time in five years without benefit of a ration coupon may be wondering how plentiful our sugar stocks are. The supply for distribution for the rest of this year is adequate but not plentiful. An indication that we still can't go overboard on demand is that industrial use of sugar is still rationed, and there are no present plans to remove these industrial use restrictions.

### Record Cuban Sugar Crop This Year

Rationing for household use was ended because more sugar has been obtained from Cuba than was estimated when allocations were set up at the beginning of the year. Each month since February...when the Cuban sugar began to arrive in this country...the cutrun has been more favorable. A June sugar statement issued by the Cuban sugar stabilization institute reported a record crop for the Island. This improvement in yield meant more sugar for the United States and a number of other countries. Puerto Rico has also had a somewhat larger harvest than earlier estimated.

### Increased I.E.F.C. Allocations

As a result of improved supplies, the International Emergency Food Council recently recommended an allocation for the United States of 7,150,000 tons of sugar for 1947 use. This was 350,000 tons more than our earlier allocation of 6,800,000 tons...Another thing to remember is that for the past six months, rationing controls were based on that smaller allocation. The larger allocation coming when the year is almost half gone makes our supply for the remaining months even more favorable, or at an annual rate of  $7\frac{1}{2}$  million tons during the last half of this year.

### POINTERS ON PRESERVATION

You know that the coming week, from June 22 to 28, has been designated home food preservation week (see Radio Round-Up, June 6), and very likely you have some appropriate features scheduled for your program. Don't forget, though, that frequent mention should be made of the importance of home food preservation throughout the growing season. The purpose of setting aside one week for special observance is simply to concentrate attention on the continuing need for saving food in every way possible. During this week, you should emphasize the importance of well organized food preservation efforts throughout the summer and fall.

### Supply Situation Improved

Tell your listeners that supplies of glass jars, jar rubbers and closures are substantially improved over recent years. So are supplies of pressure canners, retorts and other necessary equipment. Home freezers are appearing in stores in increasing quantities. More freezer locker space is becoming available. In short, supplies and equipment for home food preservation are better this year.

MORE



Points to Stress

The following are good points to emphasize in any program that discusses this subject:

1. Explain the "why" of food preservation, stressing the nutritional benefits which come from home-preserved food, and the family economics involved.
2. Urge that produce from home gardens not needed for immediate consumption be canned, frozen, or stored for winter use.
3. Encourage greater buying and preserving of foods during periods of abundant supplies of good quality fresh produce.
4. Urge early purchase of canning supplies.
5. Recommend the use of only modern, tested methods of food preservation. Accidents, spoilage, and unnecessary loss of food value can result from the use of improper or inefficient methods. Give helpful information regarding different types of food and various methods of preservation.
6. Announce locations of community canning centers and sources of publications and other information on home canning and food preservation methods.

FROZEN STORAGE

Here are some more suggestions regarding the storage of frozen food in home freezers or locker plants...gleaned from the reports of food specialists working in various state experiment stations. In the May 23 Radio Round-Up, the story "Cook and Freeze," gave several ideas we believe will be helpful, and the following points can apply to either cooked or uncooked frozen food.

Labels

We mentioned the importance of clear durable labels on food packages, and the convenience of dating them. It's well to go still farther, though, and include some other helpful facts on these labels. For instance, the number of servings the package contains, the amount and kind of sweetening that's been used with a fruit, or perhaps the variety of a fruit or vegetable.

Color

There are several systems for locating frozen foods quickly in the home freezer or locker which involve the use of color, one way is to use different colored string, paper, or labels...red string to tie packages of beef, white for lamb, and so on. Mesh bags might be used to hold all the boxes of one kind of food.

Maybe this sounds a bit technical, but it's been found that a map of the location of various foods in the locker, tacked on the wall nearby, is a good idea. Anybody in the family can then locate the right box in a hurry, without a lot of fumbling. And the inventory will tell exactly how many and what kinds of frozen foods are in the locker all the time. This is simply a listing of foods as they go into the locker, on which they're checked off as they come out.

### MAKING THE MOST OF MEAT

That June bride you're probably talking to fairly often these days is very likely up against the problem of planning meals on a budget...and it's quite possibly a brand-new experience for her. Since meat takes up a large proportion of the food allowance in most families, she'll welcome a few suggestions about ways to make meat go farther, and hints on making good use of all she buys. Tell her to be open-minded about using different cuts and kinds of meat, and not to hesitate to try unfamiliar ones. She'll be wise to learn the different cuts of meat and the best uses for each, and to become familiar with meat grades.

#### Buy and Store Carefully

For the small family in particular, it's good advice to buy only as much meat as can be used promptly, unless there's ample storage space in the refrigerator. And in this connection, warn the inexperienced housekeeper that uncooked meat should be placed in a refrigerator or other very cold storage space if it's to be kept longer than a few hours. Cooked meat also needs careful storage, of course. And ground meat, cooked or uncooked, needs colder storage than any other, and cannot be kept so long.

#### Cook Properly

When it comes to methods of cooking, tell the bride to cook meat the modern way, which means at moderate heat, and only until done. Meat cooked too fast or too long will lose more weight in cooking and won't taste so good. She should learn the right method of cooking for various cuts and degrees of fatness. For instance, tender cuts of meat may be roasted or broiled, in an uncovered pan with no water added. Tougher cuts need long, slow cooking in a covered pan with water or steam.

#### Vary Serving Styles

Meat can be served in a variety of ways to give new appetite appeal. For instance, stew can be made more interesting by serving it in meat pies over and between hot biscuits, or by scalloping it with macaroni or spaghetti. A plain pot roast is delicious when whole or halved vegetables are added during the last hour of cooking. Ground meat can be turned into loaves as well as patties...can be combined with boiled rice, bread crumbs, mashed potatoes, or cooked cereal, to make it go farther. Ground cooked meat can be made into croquettes, or the mixture used to stuff peppers, tomatoes, potatoes, eggplant or onions. Leftover meat also can be made into creamed mixtures, hash, scalloped dishes, hot or cold sandwiches or salads.

These are just a few general suggestions which will help that June bride... You doubtless have favorite recipes of your own which might be included in a program featuring meat.



### SPINACH SUGGESTIONS

Here's a hint about washing spinach which may be news to the younger, less experienced homemakers in your listening audience. To get all the sand and grit out of the greens, it's best to use two bowls or pans of water, change the water occasionally, and don't try to wash too much spinach at a time. Lift the greens out of the water, back and forth between the two bowls. If the water is poured off, some of the sand is bound to cling to the leaves.

As we told you recently, spinach is pretty generally plentiful throughout the country, and there are large stocks of the frozen variety on hand too. Indicentally, the busy women will welcome frozen spinach, because it's all ready to cook just as it comes from the package. And that's also true of the pre-packaged greens you'll find in many markets these days...all washed, trimmed, and packed in a transparent bag, ready to go into the cooking pan as is.

### GET AFTER THE GARDENERS

Encourage the home gardeners in your audience to go right ahead with garden plans, even though they've been delayed by adverse weather...that's the latest word from Paul C. Stark, Director of USDA's National Garden Program. He points out that successive plantings can be made throughout the summer, and that it's particularly important to do this because most commercial truck crops are expected to be smaller this year than last. This is true especially of green peas, cabbage, green lima beans, onions, eggplant and green peppers. On the other hand, commercial crops of snap beans and watermelons are expected to be larger.

For the nation as a whole the season is generally from one to three weeks late, because of the rains and cool weather in large areas of the country. The delay has been particularly serious in Wisconsin, eastward across northern Illinois, central and northern Indiana, Michigan, Ohio and New York state. On the other hand, California and the Pacific Northwest have had an early season, with spring work up to or ahead of the usual schedule.

Reports from state extension horticulturists in all sections of the country indicate that somewhat fewer home vegetable gardens have been planted this year than in 1946. Also, there's been a decided shift of interest to other types of gardening. This, combined with the unfavorable weather, accounts for most of the decrease in the number of vegetable gardens. Nutrition authorities state that the average person doesn't eat enough fruits and vegetables, which makes it clear why home gardening should be encouraged. In talking about this, you can add emphasis if you point out that the home garden can do a great deal also to help stretch the family dollar.

### FUNCTIONAL FASHIONS

Here's what the clothing specialists of USDA's Bureau of Human Nutrition and Home Economics recommend that women look for when choosing house dresses. Safe, comfortable clothing for such jobs as gardening, canning or other active work makes life easier and pleasanter.

In the first place, choose simple, streamlined styles..whether you buy or make your own clothes. Dresses should be comfortable, convenient, easy to launder and without hazards to safety. For instance, frills or loose bows or ties on the front could easily catch fire if they come near an open flame. Ties, belts and sashes should be made to fit closely and fasten out of the way. Front openings are easiest to manage, but the fastenings should be small, flat and close enough so that there won't be any gaps.

As for sleeves, the specialists inquire why bother with any at all-unless they're needed for warmth or other protection. Wing extensions or similar devices will serve the same purpose as sleeves when it comes to appearance, and they're safer and give more freedom. If a woman requires long or three-quarter sleeves, these should be shaped for elbow room and made close-fitting around the lower arm and wrist.

It's well to watch the length and width of skirts too. Skirts of calf-length just wide enough for the natural stride, are best. Pockets placed below the waist should be large enough to use conveniently without straining the pocket corners of the material. And they should be placed where the hand slides in naturally.

Miss Clarice Scott, the clothing specialist in charge of this work, points out that the ideal work dress is so comfortable the wearer is not even aware of it...with complete freedom of movement, no pulling or binding anywhere and no features that distract the wearer from her work.

The enclosed sketches of patterns for several new summer housedresses designed by the Bureau of Human Nutrition and Home Economics embody many fine features. Paper patterns for these four dresses are now available commercially, and may be identified in the stores by the credit line: "Designed by the Bureau of Home Economics, U. S. Department of Agriculture."

MORE



These dress designs are described as described as Wing-Style, and they get the name from the winged shoulder extensions used in place of sleeves. They give the wide-shouldered effect that's most generally becoming, and do away with the necessity for padding. The material is double and stitched several times, so that the wings will hold their shape and crispness. Then there's a new three-dimensional under-arm feature, which gives the wing-style better fit. The collarless necklines are made in becoming shapes, and the front fastenings are well-planned and easy to manage. Each dress is convenient to get into and out of, also easy to wash and iron .. and the clothing specialists assure us they're simple to make.

(NOTE: DUE TO SHORTAGE OF SUPPLIES, THIS MULTILITH IS BEING SENT ONLY TO DIRECTORS OF WOMEN'S RADIO PROGRAMS).

### REPORT ON NATIONAL 4-H CLUB CAMP

You've probably heard that the Seventeenth Annual National 4-H Club Camp was held in Washington, D. C. during the week from June 11 to 18, inclusive. Representatives from 45 states and Puerto Rico attended...outstanding farm boys and girls chosen by their states for this trip.

The name "Camp" is a bit inaccurate, because this annual affair might better have been described as an on-the-spot course in citizenship. The objectives of this yearly meeting were to help 4-H Club members learn the work of the U. S. Department of Agriculture and other Federal departments, and to confer together regarding the development of a constructive rural leadership.

#### "Serving as Citizens in our Representative Government"

This theme in its various phases was discussed by such national figures as Secretary of Agriculture Clinton P. Anderson, Attorney General Tom Clark, Justice Rutledge of the Supreme Court, and others. Also included in the activities were visits to USDA's Research Center at Beltsville, Maryland, attendance at Congressional hearings, trips to the Tomb of the Unknown Soldier, to Mount Vernon and other points of interest in and near Washington.

#### County Agent can Supply Names of Local Delegates

It's possible you've already heard reports from some of these young people, as they've taken part in broadcasts on three of the major networks and have made a number of transcriptions for local use. If any of these 4-H delegates live in your area, you might like to have them as guests on your own program. You can get information about them from the nearest county agent.

JUL 2 - 1947

U. S. DEPARTMENT OF AGRICULTURE

PACIFIC MARKET PANORAMASeattle

BEST FRUIT BUYS ..... California small oranges, apricots.  
 IN MODERATE SUPPLY ..... Cherries, cantaloups, watermelons.  
 IN LIGHT SUPPLY ..... Strawberries, currants, raspberries, gooseberries,  
 grapes, plums.  
 BEST VEGETABLE BUYS ..... Green beans, peas, cauliflower, lettuce, green onions,  
 radishes, squash.  
 IN MODERATE SUPPLY ..... Celery, cabbage, cucumbers.  
 IN LIGHT SUPPLY ..... Rhubarb, new apples, new local carrots, mustard greens.

Portland

BEST FRUIT BUYS ..... Raspberries, loganberries, gooseberries, currants,  
 cherries, small oranges, watermelons.  
 IN MODERATE SUPPLY ..... Strawberries, cantaloups, Texas grapefruit, nectarines,  
 peaches, plums.  
 IN LIGHT SUPPLY ..... Avocados, figs, grapes, large oranges.  
 BEST VEGETABLE BUYS ..... Cabbage, carrots, cauliflower, lettuce, squash, bunched  
 vegetables, onions  
 IN MODERATE SUPPLY ..... Beans, celery, cucumbers, eggplant, peas, potatoes,  
 sweet potatoes, tomatoes.  
 IN LIGHT SUPPLY ..... Artichokes, corn, okra, peppers, bunched turnips.

San Francisco

BEST FRUIT BUYS ..... Grapefruit, small oranges, youngberries.  
 IN MODERATE SUPPLY ..... Apricots, cantaloups, nectarines, peaches, plums,  
 boysenberries.  
 BEST VEGETABLE BUYS ..... Cucumbers, lettuce, onions, squash.  
 IN MODERATE SUPPLY ..... Beans (lower), carrots, peppers (lower), potatoes,  
 tomatoes, mushrooms (lower), okra (lower).  
 IN LIGHT SUPPLY ..... Celery (slightly lower), corn (lower).

Los Angeles

BEST FRUIT BUYS ..... Cantaloups, apricots (for canning), small oranges  
 (reasonable).  
 IN MODERATE SUPPLY ..... Freestone peaches, Santa Rosa plums, watermelons,  
 strawberries, boysenberries, bananas, figs (slightly  
 higher), nectarines, grapefruit (higher), lemons,  
 (higher).  
 IN LIGHT SUPPLY ..... Pineapples (fairly high), seedless grapes, avocados,  
 (high), large oranges, (high), cherries, (higher).  
 BEST VEGETABLE BUYS ..... Snap beans, onions, squash, bunched vegetables.  
 IN MODERATE SUPPLY ..... Potatoes, corn, tomatoes (higher), carrots (slightly  
 higher), celery (lower), old crop sweet potatoes,  
 cabbage (lower), cauliflower, Bell peppers, cucumbers  
 (slightly higher), eggplant (higher).  
 IN LIGHT SUPPLY ..... New crop sweet potatoes, asparagus, peas (higher).



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Western Edition

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

JUNE 27, 1947

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U. S. Department of Agriculture  
821 Market St., San Francisco, Calif.

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We are very sorry to tell you that this is the last copy of Radio Round-Up you will receive, thus confirming the tentative announcement in last week's issue. Budget cuts and other factors have forced not only reductions in staff, but complete discontinuance of many of the U. S. Department of Agriculture's consumer services.

As many of you will recall, Radio Round-Up came into existence five years ago, in June 1942. This weekly service was started at the request of radio broadcasters, who, early in the War, found a great need for authoritative background information on food supplies, rationing restrictions and related subjects. The scope of Round-Up was expanded to a department-wide basis to cover many subjects of general interest to the homemaker, and every effort has been made to meet the wishes of broadcasters for this information. Judging from the comments we have received from many of you, it has been of considerable help in program planning and writing.

..... In saying good-bye, we wish to thank you for the kind words which you've often said about Round-Up, and express the hope that the radio service of USDA may be able to serve you again at some time in the future.

.....  
(NOTE - We in the San Francisco office of the Production and Marketing Administration are hopeful we may be able to consolidate our efforts to the end that we still may be helpful to you. Within a week or two you'll hear from us).  
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### TOMATO CANNING TIPS

Tomato time will soon be here, and it would be a good idea for you to start reminding home canners to be ready for action ...tomatoes are the all-time favorite among home-canned vegetables, you know. They can be used in a great many ways, combine beautifully with numerous other foods, and are the easiest of vegetables to can ...tomatoes don't require a steam pressure canner, remember. The boiling water bath is sufficient. Then too ...they rank very high as a source of the important C vitamin, so necessary in the diet.

#### Use Either Hot Or Cold Pack

USDA's Bureau of Human Nutrition and Home Economics says that tomatoes can be handled either of two ways in canning ...they can be packed either raw or hot into glass jars before processing. Recent experiments show that when they're packed raw, tomatoes hold color and shape better. There's one advantage in the hot-pack, however ...more tomatoes can be put into each jar, and if either jars or storage space is limited, that really counts. As for flavor, very little difference was noted in the results of the two methods of packing. Therefore, it's a matter of personal preference, and the homemaker can make her choice, confident that the results will be good either way.

That is ... results will be good if she follows directions given by the home canning specialists. It's important to remember that if they're not heated sufficiently in canning, tomatoes won't keep in storage. The times recommended by the Bureau for processing tomatoes in the water bath canner are based on the food being prepared and packed as indicated. You may like to have these instructions, for the benefit of listeners who may call or write you for help.

In the first place, only perfect ripe tomatoes should be used. Dip them into boiling water for about half a minute, to loosen the skins ...then dip quickly into cold water. Cut out the stem ends and peel.

#### HOT PACK

Quarter the peeled tomatoes; bring to boil, stirring often. Pack hot in hot glass jars to  $\frac{1}{2}$  inch of top. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in boiling water bath--either in pint or quart jars of tomatoes--10 minutes. As soon as jars are removed from canner, complete seals if closures are not self-sealing type.

#### COLD PACK

Leave tomatoes whole, or cut in halves or quarters. Pack tomatoes to  $\frac{1}{2}$  inch of top, pressing gently to fill spaces. Add no water. Add  $\frac{1}{2}$  teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Have water in canner hot, but not boiling, to prevent breakage. Heat to boiling. Process in boiling water bath--pint jars of tomatoes 35 minutes; quart jars, 45 minutes. As soon as jars are removed from canner, complete seals if closures are not of self-sealing type.

## PEACH PICKIN'

The 1947 peach crop is expected to be the biggest ever...over 89 million bushels compared with some 86½ million bushels last year and a 10 year average of 63 million.

### The Supply Picture

Spring freeze damage hit a few eastern and midwestern producing states but prospects from those areas are still for a relatively large crop. And peach production in the 10 leading southern states is estimated to be at least 50 percent greater than average. The western states expect a crop 43 percent above average. While a large part of the western crop is processed, the supply which may enter the fresh market should be greater than usual.

Southern peaches, already being marketed, will be at peak supply during the latter part of July and first half of August. Northern and midwestern peaches will be plentiful during the latter half of August and early September.

The big crop may create some marketing problems, especially in eastern areas. Because of the late spring, the last of the Georgia crop will be marketed when shipments from the Carolinas and from Arkansas are at their peak. Ordinarily the Georgia season is pretty well over before the supply of Carolina peaches becomes heavy.

## PEACH POINTERS

In the above story we gave you the figures on the 1947 peach crop, which indicate there will be plenty of peaches both for eating and for preserving. Here are a few pointers on peaches from USDA'S Bureau of Human Nutrition and Home Economics, which you'll find helpful when you're featuring peaches on your program.

### Nutrition Note

Peaches are nutritious as well as delicious. At the peak of ripeness they offer a fair amount of vitamin C. In addition to this, yellow-fleshed peaches are a good source of vitamin A.

### Serving Suggestions

There's hardly any fruit more delectable than a juicy peach eaten out of hand unless it's sliced into a dish and covered with cream or top milk. Furthermore, they're fine in a fruit cup, alone or with other fruits...combined with raspberries or blackberries...sliced on top of cereal, hot or cold. Then there are refreshing summer salads featuring peaches...plain, combined with cottage or cream cheese, or mixed with other fruits. And here's a hint about using up cream that sours in hot weather...salad dressings with sour cream as the fat ingredient are particularly good with fruit.

MORE



When it comes to cool summer desserts, try peach melba, or use sliced peaches or peach sauce on a serving of vanilla ice cream. And peach ice cream and other frozen desserts are favorites with every member of the family. On the other side of the picture are such hot desserts as baked or stewed peaches, peach cobbler, pie or shortcake.

Ripe peaches should be kept in a cool place until used; spread them out to avoid bruising. If they're a little on the green side, let them ripen at room temperature. For easy peeling, dip the fruit in boiling water for a minute or two, then quickly into cold water, and skins will slip easily. A pinch of salt adds to the flavor in cooked fruit. And speaking of cooking, cooking peaches in a light syrup will help to keep them firm.

#### Points on Preservation

Peaches for home and community canning, freezing, drying or preserves should be table-ripe, firm and perfect. It's well to remember that the background color, (not the pink blush on the cheek of the peach) indicates ripeness. For table-ripe fruit, choose peaches with a yellow or yellow-white background, not green, and put up the fruit promptly. Softer fruits, if sound, are good for peach butter or jam. For pickles, slightly underripe peaches are best.

#### No Pressure Canner Required

Remind your listeners that peaches are easy to can, because no steam pressure canner is required. They're safely canned in a boiling water bath canner. Either the hot or cold pack method can be used. The hot pack uses less jar space -- about one more serving can be put into a quart jar than when peaches are packed raw. On the other hand, raw-packed peaches hold their shape better. There's a difference in flavor between peaches packed hot and cold, but it's a matter of taste as to which is better.

#### Peach Fact Sheet Available

Additional information about peaches including instructions for freezing and canning, may be obtained from the fact sheet on peaches, to be issued this week. This will be available to the directors of women's programs upon request to the area office from which radio roundup is mailed. The address is on the cover.

#### NEW CROP HONEY

New crop orange honey from Florida and California is now on the market in certain areas of the country. There's also citrus honey moving from the Rio Grande Valley of Texas. Alfalfa honey from the Salt River Valley of Arizona and the Imperial Valley of California and other stocks from southern and middle-Atlantic States are also being marketed.

Cold spring weather has delayed the activity of bees in northern and central states.

Large honey packers have cut prices of honey several times since the beginning of the year. While prices are not at pre-war level, they are definitely below those prevailing at this time last year.

### CHICKEN---SUMMER-STANDBY

Right now, and in the weeks to come, tell your listeners they're likely to see a good many older birds at the poultry counter in the market...hens that the poultry producers are culling from their flocks. They'll be much larger than the broilers and fryers we've been enjoying throughout the spring, of course, and the price per pound probably lower. The wise food-shopper, and the one who's watching her budget, will make good use of these birds by stewing or steaming them, removing the meat from the bones and using it as the basis of many delicious summertime meals, both hot and cold. Hot dishes include savory creamed chicken, chicken a la King, chicken loaf, croquettes, souffle, risotto, chop suey, and a variety of chicken soups. On the cold side there's chicken mousse, jellied chicken, and the familiar but always welcome salad and sandwiches.

The inexperienced cook may need instructions in the right way to cook these older birds so that the flesh is juicy and full of flavor. Here's what the food specialists of USDA have to say on the subject.

#### Stewing and Steaming

Long, slow cooking in water or steam will soften the connective tissue of old birds, and make them tender. They can be cooked whole, or in pieces. When cooked whole, the bird should be drawn and groomed as for roasting. To stew, place on a rack in a kettle, half filled with lightly salted water, partly cover and simmer until the bird is tender...do not boil. Turn the bird occasionally, so that it will cook evenly throughout.

To steam, follow the same general method, but keep the bird breast up all the time, and add water only to the level of the rack. As the water boils away, add more to keep a good circulation of steam around the bird all the time. A fowl will probably need 3 to 4 hours to cook tender by stewing or steaming. Meat cooked in water or steamed is juicier if allowed to cool in the broth, than if served at once. If possible, let it stand in the broth, breast down, for an hour or more. The cooling should be done in as cold a place as possible, because warm broth spoils easily.

#### Keep Chicken Cold

Poultry is very perishable food and spoils easily, so if it's not going to be served immediately, it should be chilled and held at refrigerator temperature until time to serve. Left-overs should be cooled quickly, placed in the refrigerator as soon as possible, and not be removed until time to use them.

#### Yield

The yield of cooked meat varies with the weight of birds, and the larger the bird the greater the proportion of meat to bone. Cut into small pieces, the cooked lean meat from a 4 to 5 pound fowl usually measures from 3 to 4 cups.

MORE.



Here's a good basic recipe for chicken salad, which can appear at many summertime meals, in many styles..on crisp lettuce, in tomato cups, piled inside long rolls from which the crumbs have been scraped out, or as a filling for sandwiches.

### Chicken Salad

To 3 cups of cooked chicken, cut into small, even pieces, add thick salad dressing. Let stand in a cold place for several hours, then shortly before serving, add 2 cups of cut celery, and more salad dressing if needed. Season to taste with salt. As a variation, add one-fourth cup capers when the chicken and celery are combined. Hard-cooked eggs, sliced or cut in quarters, may be used as a garnish, or mixed with the salad to make it go further. Chicken salad can be made more flavorful by marinating the chopped chicken for several hours before mixing it with the celery and dressing. For the marinade (a form of French dressing) remove  $\frac{1}{2}$  cup of fat from the chicken broth, add an equal quantity of vinegar seasoned with onion, tabasco sauce and salt.

### DRIED SOYBEANS BEST

Since we've learned the good news about soybeans...that they're fine eating for man as well as animals...many a home garden sports a crop of vegetable soybeans. And homemakers who want to enjoy the distinctive flavor of soybeans all year 'round have been preserving them both by canning and drying.

In this connection you may like to know that dehydration has been found the most satisfactory means of preserving green vegetable soybeans. Experiments by the plant scientists of USDA show that the green-dried beans rate higher than canned soyas in flavor, in color and texture. And the mature dry soybeans provide more food value at lower cost than either the green-dried or canned beans.

### Sixteen Varieties Tested

In these tests, 16 varieties of vegetable soyas were scored for color, texture, flavor and desirability when dehydrated or canned while immature, and when allowed to become mature and dry on the plants. The character and quality of the flavor differ considerably in the three products.. Dehydrated green beans retain the characteristic flavor of fresh vegetables with little alteration. Canning preserves the food value, but changes the flavor.. And the mature dried beans lose all resemblance to the fresh vegetable in flavor, but gain a nut-like quality which is attractive and palatable.

The tests show that soybeans are best for dehydration at the point when they're ready to be used fresh. Green beans blanched before drying have a better flavor than those dried without blanching. Eight minutes or more of blanching is required to give a nice firm texture...the blanching period can be extended up to 16 minutes without loss of quality. Green dried soyas can be cooked satisfactorily without steam pressure.

As for the best varieties of soybeans for dehydrating or canning, the tests showed the differences to be very slight.

PACIFIC MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS ..... Royal apricots (canning), early peaches, early apples, small oranges, cantaloups (lower).  
 IN MODERATE SUPPLY ..... Bananas, watermelons, figs, nectarines (slightly higher), avacados (fairly high), strawberries, boysenberries.  
 IN LIGHT SUPPLY ..... Old crop apples, Santa Rosa plums, cherries, Seedless grapes, lemons, grapefruit, pineapples (high), early pears.  
 BEST VEGETABLE BUYS ..... Snap beans, squash, potatoes, onions, lettuce (low), bunched vegetables (low)  
 IN MODERATE SUPPLY ..... Cabbage, celery, tomatoes, carrots (lower), corn (higher), cucumbers (higher), eggplant (higher), asparagus.  
 IN LIGHT SUPPLY ..... Cauliflower, peas, new sweet potatoes.

San Francisco

BEST FRUIT BUYS ..... Apricots, youngberries, boysenberries, figs, small oranges.  
 IN MODERATE SUPPLY ..... Nectarines, peaches, plums, cantaloups and watermelons (lower).  
 BEST VEGETABLE BUYS ..... Green beans, lettuce, onions, Italian squash.  
 IN MODERATE SUPPLY ..... Carrots, cucumbers, mushrooms, peas, peppers, potatoes, summer and crookneck squash, tomatoes.

Portland

BEST FRUIT BUYS ..... Cane berries, watermelons  
 IN MODERATE SUPPLY ..... Apricots, cantaloups, cherries, grapefruit, nectarines, peaches, plums.  
 IN LIGHT SUPPLY ..... Avocados, figs.  
 BEST VEGETABLE BUYS ..... Cabbage, cauliflower, lettuce, onions, squash.  
 IN MODERATE SUPPLY ..... Carrots, celery, corn, cucumbers, eggplant, peas, spinach, tomatoes, bunched vegetables  
 IN LIGHT SUPPLY ..... Asparagus, mushrooms, okra, peppers, rhubarb, sweet potatoes.

Seattle

BEST FRUIT BUYS ..... Oranges (lower), apricots, (slightly lower), raspberries  
 IN MODERATE SUPPLY ..... Cantaloups, watermelons, grapes.  
 IN LIGHT SUPPLY ..... Cherries, strawberries, loganberries, blackberries, peaches, new crop apples.  
 BEST VEGETABLE BUYS ..... Green beans, peas, squash, head lettuce.  
 IN MODERATE SUPPLY ..... Celery (lower), cabbage, cucumbers.  
 IN LIGHT SUPPLY ..... Local carrots, local new potatoes.